

The Perfect Christmas Morning Workout Plan

This year let your mind **AND** body enjoy the most magical day of the year. Gifting yourself with a quick 10 minute workout before opening presents will not only boost your metabolism before indulging on the day's sweet treats, but will help to decrease stress and add to the magical feeling that this wonderful holiday bestows upon us all.

Plan: Perform these 8 exercises

Time: 1 minute each

Rest: 15 seconds between rounds

Benefits: Calories burned, metabolism up, mood elevated.

Fit Test: Every three, you can use this workout as a fitness test.

Exercises:

of Repititions

1) Body Weight Squat (Sumo)

2) Push ups (Either from the knees or from the toes)

3) Jumping Jacks

4) Lunges (30 sec Left, 30 Sec Right)

5) Bridges

6) Crunches

7) Plank Rotations (From hands)

8) Jump Squats