

Thanksgiving Workout Routine

Perform 60 seconds of each exercise from each "course". Grab more servings by repeating 1-2x



Appetizers

Jump Rope Jumping Jacks Skaters Front Kicks



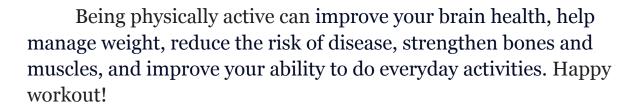
Entrees

Uppercut Punches
Jump Squats
Russian Twists
Burpees
Wall Sit
Crab Walk
Jumping Switch Lunges
Mountain Climbers



Desserts

Alternating Superman Hip Bridge Lifts Front Plank Hip Dips



Discover Chiropractic (408) 985-1111 1305C N. Bascom Ave San Jose, CA 95128 https://chiropractor-sanjose.com/