



# 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

Being physically active can improve your brain health, help manage weight, reduce the risk of disease, strengthen bones and muscles, and improve your ability to do everyday activities. Happy workout!