

# Christmas Family Workouts

## Burning the Roast Workout

15 minute HIIT workout built for burning fat from over indulging on Christmas Day

Every minute on the minute for 15 minutes  
- perform these exercises for a total of 3 rounds.

### Exercise 1

#### Happy Holly High Knees!

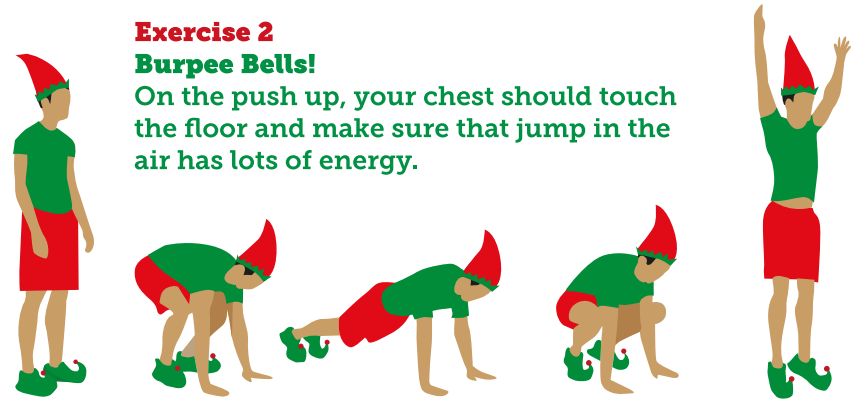
Knees high with lots of energy.



### Exercise 2

#### Burpee Bells!

On the push up, your chest should touch the floor and make sure that jump in the air has lots of energy.



### Exercise 3

#### Party Plyometric Jumps!

Hinge at the hips to engage the hamstrings and glutes before you propel yourself high with a controlled landing.



### Exercise 4

#### Merry Mountain Climbers!

Your body should form a straight line from your shoulders to your ankles, and squeeze those abs.

