



# TURKEY DAY WORKOUT

## 1. Appetizers

Jumping Jacks  
Skaters  
Cross Country Skiers  
Burpees  
Mountain Climbers

Choose an exercise from each course. Perform each move for 45 to 60 seconds. The courses are unlimited! Go up for seconds, thirds, or even four servings.

## 2. Main Course

Squats  
Lunges  
Pushups  
Squat Jumps  
Wall Sits



## 3. Dessert

Russian Twist  
Rollups  
Bicycle Crunches  
Planks  
Side Planks