

Run, Run, Rudolph

Holiday
workout
straight
from the
60 Day Fit
Till
Christmas
Workout
Program



MELINA
FITNESS

Warm up: 5 minute walk/jog

Workout:



2 min walking lunges (big steps forward keeping weight centered keeping legs at 90 degree angle)



2 min jog/run



1 min side shuffle



1 min side shuffle (other side)



30 second sprint (As fast as you can RUDOLPH!)



30 second walk

REPEAT SPRINT/WALK 4 TIMES



2 min jog/run

REPEAT 2x through total if you have the time

Cool-down

