THANKSGIVING FEAST STATIONS
(With Darebee.com Station Links)

**Objective:** Complete each station’s exercise for 30 seconds with a 15 second interval break. (Interval Music: Apple Music, Spotify)

**Set-up:** Review the demonstrations for each exercise that mimics making a feast on Thanksgiving Day.

**Description:** Complete the following interval stations for 30 seconds with 15 seconds of rest in between exercises.

1. Task 1: Apple Peeler
   - [https://darebee.com/exercises/sitting-twists.html](https://darebee.com/exercises/sitting-twists.html)
2. Task 2: Potato Masher
   - [https://darebee.com/exercises/hop-heel-clicks.html](https://darebee.com/exercises/hop-heel-clicks.html)
3. Task 3: Cranberry Picker
   - [https://darebee.com/exercises/get-ups.html](https://darebee.com/exercises/get-ups.html)
4. Task 4: Turkey Carver
   - [https://darebee.com/exercises/flutter-kicks.html](https://darebee.com/exercises/flutter-kicks.html)
5. Task 5: Squash Smash
6. Task 6: Pumpkin Pie Slicer
   - [https://darebee.com/exercises/plank-walkouts.html](https://darebee.com/exercises/plank-walkouts.html)

[YouTube Demonstration]