Chart, pie chart

Description automatically generated

Reindeer Race

Snowman

Jacks

Elf Jumps

Wreathe Raise

Penguin

Pops

Dreidel

Spins

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| # | Name of Exercise | Reps | Description |
| 1 | Snowman Jacks | 3 | Jump in air and tap feet together. |
| 2 | Reindeer Race | 15 | Run in place. |
| 3 | Wreathe Raise | 8 | Bend down from waist, make a circle with arms and stand. |
| 4 | Penguin Pops | 20 | Hop back and forth from foot to foot. |
| 5 | Dreidel Spins | 5 | Sit on bottom and spin in a circle. |
| 6 | Elf Jumps | 4 | Jump and make a star with body. |