

Reindeer Race

Snowman

Jacks

Elf Jumps

Wreathe Raise

Penguin

Pops

Dreidel

Spins

|  |  |  |  |
| --- | --- | --- | --- |
| # | 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. |