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