**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](https://music.apple.com/us/artist/s2s-music/336840775), [Spotify](https://open.spotify.com/artist/2TQA4uKvpxMrXyoDtd9bMA?si=-h0M8TLrSKadEWPFqEXavg))

**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>
2. Task 2: Potato Masher
	* <https://darebee.com/exercises/hop-heel-clicks.html>
3. Task 3: Cranberry Picker
	* <https://darebee.com/exercises/get-ups.html>
4. Task 4: Turkey Carver
	* <https://darebee.com/exercises/flutter-kicks.html>
5. Task 5: Squash Smash
	* <https://darebee.com/exercises/jump-knee-tucks.html>
6. Task 6: Pumpkin Pie Slicer
	* <https://darebee.com/exercises/plank-walkouts.html>

[[YouTube Demonstration](https://youtu.be/U90qbYLj3TU)]