

Coach Jenny

HOLIDAY CHALLENGE

BEAT THE HOLIDAY 5!

10 Squats, 3-5 Push-Ups

9 Lunges, 3-5 Rows

8 Squats, 3-5 Push-Ups

7 Lunges, 3-5 Rows

6 Squats, 3-5 Push-Ups

5 Lunges, 3-5 Rows

4 Squats, 3-5 Push-Ups

3 Lunges, 3-5 Rows

2 Squats, 3-5 Push-Ups

1 Lunges, 3-5 Rows

Perform 1-2 Sets of the Charlie Tree Challenge.