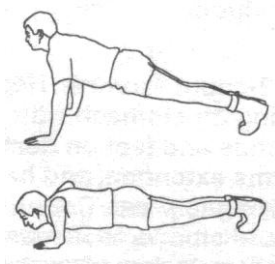


### Holiday Workout (with bands)

**Warm Up:** 5-10min brisk walk or jog, light stretches (see last page)

**Drill #1** (Go from exercise "a" to exercise "b" with 10-15 sec rest in between)

**a)** Pushups x 10



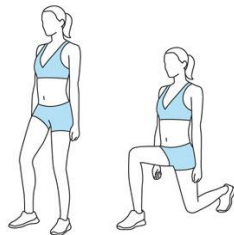
**b)** Squats x 15



Repeat for three sets

**Drill #2** (Go from exercise "a" to exercise "b" with 10-15 sec rest in between)

**a)** Reverse lunges x 10 each leg



**b)** Prone hold for 45 seconds



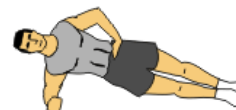
Repeat for three sets

**Drill #3** (Go from exercise "a" to exercise "b" with no rest in between)

**a)** Band pullaparts x 20 reps



**b)** Side bridge x 30 sec each side



Repeat for three sets



**Drill #4** (Go from exercise "a" to exercise "b" with no rest in between)

**a)** Band bicep curls x 20 reps



**b)** Sit ups x 10 reps



Repeat for three sets

### Stretches

Hold each stretch for at least 30 seconds.

*Hamstrings*



*Lats*



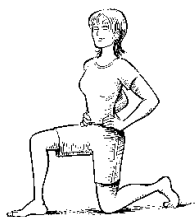
*Groin*



*Chest*



*Hip Flexors*



*Calves*



*Glutes*

