

Christmas Core & Arms Workout

Focus: Full Body with Core & Arms Focus

Need: 5#-8# dumbbells

[YouTube Video](#)

5 Inchworms (or plank-ups or 45 sec plank)

Bird dog holds (30 sec each)

[Full body sit-ups](#) or [waist-knee-crunches](#) (10)

[Supine double or single leg lifts with chest press](#) 5-8# (30 sec)

3 Rounds [McGill crunches](#) (5 sec each)

[Superman](#) (10)

[Full body sit-ups](#) or [waist-knee-crunches](#) (10)

[Single + double bicep curls](#) w/ [hip hinges](#) 5-8# (10)

[Squats](#) 5-8# (20)

Side twists w/ arms bent at 90 degrees 5-8# (10)

[Overhead push & press](#) 5-8# (10)



Complete 2-3X