

Wobble Before You Gobble

Get ready for Turkey Day by adding in exercise each day the week of Thanksgiving!

Complete at least one set each day.
Repeat each set until you start to wobble

November 18th

- 25 jumping jacks
- 30-60 sec. plank
- 15 squats
- 5-10 push ups
- 2 sets of stairs (up & down)
- 1 minute wall sit

November 19th

- 25 jumping jacks
- 30-60 sec. plank
- 15 squats
- 5-10 push ups
- 2 sets of stairs (up & down)
- 1 minute wall sit

November 20th

- 25 jumping jacks
- 30-60 sec. plank
- 15 squats
- 5-10 push ups
- 2 sets of stairs (up & down)
- 1 minute wall sit

November 21st

- 25 jumping jacks
- 30-60 sec. plank
- 15 squats
- 5-10 push ups
- 2 sets of stairs (up & down)
- 1 minute wall sit

November 22nd

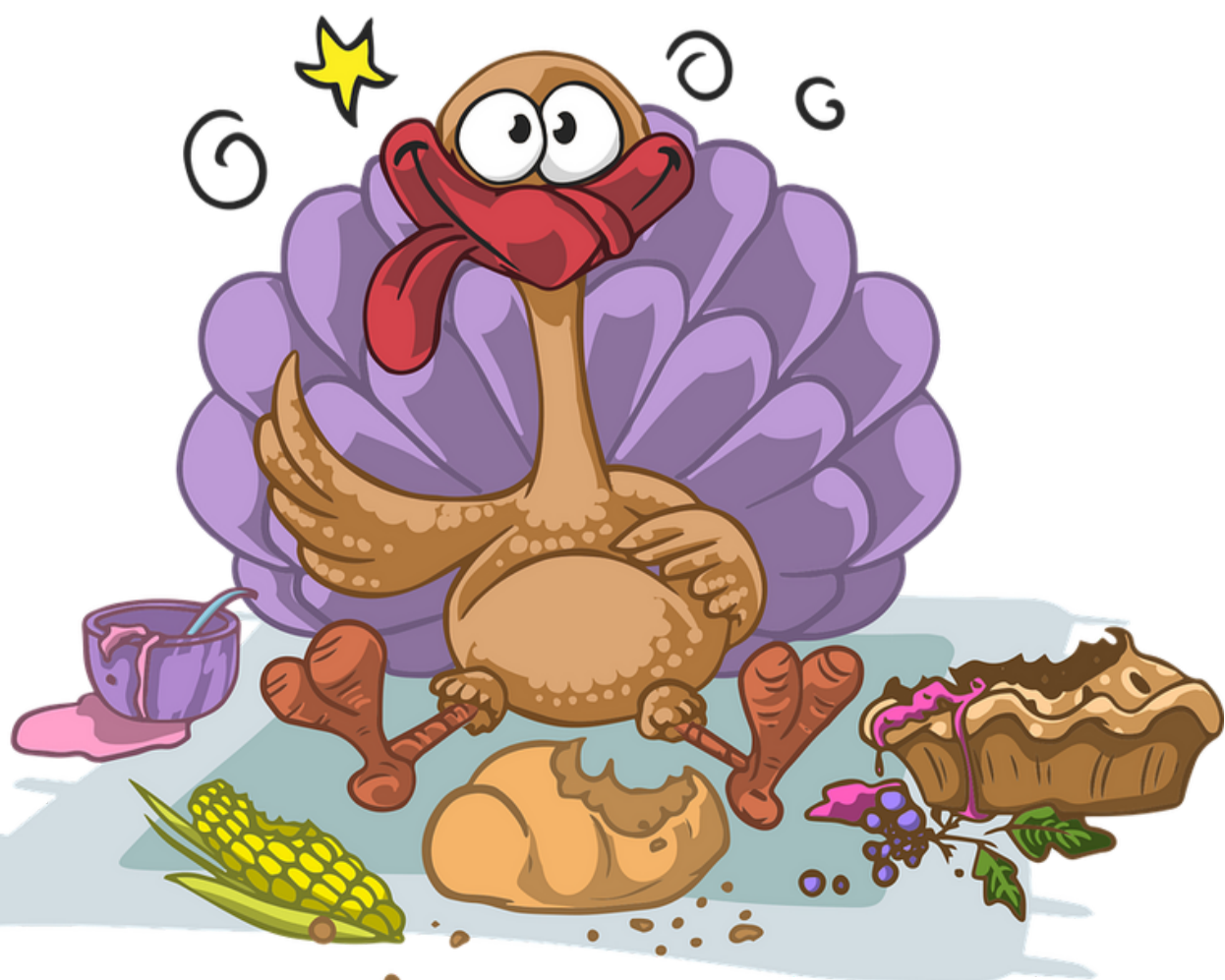
- 25 jumping jacks
- 30-60 sec. plank
- 15 squats
- 5-10 push ups
- 2 sets of stairs (up & down)
- 1 minute wall sit

November 23rd

- 25 jumping jacks
- 30-60 sec. plank
- 15 squats
- 5-10 push ups
- 2 sets of stairs (up & down)
- 1 minute wall sit

November 24th

- 25 jumping jacks
- 30-60 sec. plank
- 15 squats
- 5-10 push ups
- 2 sets of stairs (up & down)
- 1 minute wall sit



repeat, repeat, repeat!

*reduce the number of reps if needed