



# FIT CHICKS®

## "Christmas Crusher"

### WORKOUT



For this workout do each move for 60 seconds with no rest in between - repeat 2-3x

1. Reverse Lunge to Lateral Raise
2. Mountain Climber
3. Squat with a Biceps Curl
4. High Knees
5. Alternating Single Leg Glute Bridge

*Choose your intensity!*

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- Level 1 - Use 5-8 pound weights  
Level 2 - Use 10 - 12 pound weights  
Level 3 - Use 12 - 15 pound weights

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