

Day 1 – Exercises in the Tree Trunk + 10 Reps of Each Exercise in Bottom Row

Day 2 – Exercises in the Tree Trunk + 14 Reps of Each Exercise in Next Row Up (~~Bottom Row Done~~)

Day 3 – Exercises in the Tree Trunk + 16 Reps of Each Exercise in Next Row Up

ETC.....

(+1 Snow angel Plank)

Ice Skaters (+1 Snow angel Plank)

Ice Skaters / Star Salutations (+1 Snow angel Plank)

Twinkle Toes Jumps / Ice Skaters / Star Salutations (+1 Snow angel Plank)

Twinkle Toes Jumps / Ice Skaters / Star Salutations / Trim the Tree Twists (+1 Snow angel Plank)

Skier Triceps Kickbacks / Twinkle Toes Jumps / Ice Skaters / Star Salutations / Trim the Tree Twists (+1 Snow angel Plank)

Skier Triceps Kickbacks / Twinkle Toes Jumps / Ice Skaters / Star Salutations / Trim the Tree Twists / Star Jumps (+1 Snow angel Plank)

Candle Sticks / Skier Triceps Kickbacks / Twinkle Toes Jumps / Ice Skaters / Star Salutations / Trim the Tree Twists / Star Jumps (+1 Snow angel Plank)

Candle Sticks / Skier Triceps Kickbacks / Twinkle Toes Jumps / Ice Skaters / Star Salutations / Trim the Tree Twists / Star Jumps / Reindeer Kicks (+1 Snow angel Plank)

Star Push Ups / Candle Sticks / Skier Triceps Kickbacks / Twinkle Toes Jumps / Ice Skaters / Star Salutations / Trim the Tree Twists / Star Jumps / Reindeer Kicks (+1 Snow angel Plank)

Star Crunches x 20 (R&L)

Snow Mountain Climbers x 40 (R&L)