



Turkey Day Workout

EXERCISES:

- **Jumping Jacks**
- **Push-ups**
- **Squat Jumps**
- **Triceps Dips**
- **Lunges**

Round 1: 01 rep each
Round 2: 02 reps each
Round 3: 03 reps each
Round 4: 04 reps each
Round 5: 05 reps each
Round 6: 06 reps each
Round 7: 07 reps each
Round 8: 08 reps each
Round 9: 09 reps each
Round 10: 10 reps each