

THANKSGIVING DAY CHALLENGE

BE SAFE. BE FIT.

#BUILDBETTERYOU



- 20 BURPEES
- 20 PUSH UPS (KNEES OR TOES)
- 20 DIPS OFF THE FRONT OF A CHAIR
- 20 BICEP CURLS WITH SOME CANNED FOOD
- 20 CALF RAISES OFF A CHAIR OR TABLE
- 20 SQUATS
- 20 JUMPING JACKS
- 20 MOUNTAIN CLIMBERS
- 20-60 SECOND PLANK

COMPLETE ALL AT ONCE OR A COUPLE
MOVEMENTS AT AT TIME. REPEAT.