

CHRISTMAS COOKIE WORKOUT

in your home

info

- 1 small cookie = 60-100 calories
- This workout = burns 40 to 100 calories (harder you work = more calories)
- Do these exercises for 30 seconds each with a 30 second rest in between (optional)
- if you have any injuries or health conditions, please check with your dr. before trying any of these exercises. And be sure to modify them so that you can be safe!

exercises

- Push Ups
- Squats
- Burpees
- Mountain Climbers
- Crunches
- Dips
- Rest for a minute or two and then repeat
- STRETCH when you're done

variations

- Pushups: wall push, modified knee push ups, elevated feet push ups
- Squats: hold chair for balance, chair sit down (tap) & up, one leg back on stool (Bulgarian squat), weighted goblet squat, one legged pistol squat
- Burpees: alternating single side jack taps, or jog/march in place
- Mountain Climbers: slower variation (knee up tap back), standing knee raises in place
- Crunches: medicine ball/add weight, Russian twist, v-ups, knees to chest and thrust out
- Dips: off edge of chair or bench with weights or legs straight out

Physical training is good, but training for godliness is much better, promising benefits in this life and in the life to come. --1 Timothy 4:8

But you, dear friends, must build each other up in your most holy faith, pray in the power of the Holy Spirit. --Jude 1:20 NLT

Training for godliness means exercising our faith and trust in God as we read His Word and seek Him to know Him and what He says. As we build up our knowledge of Him, we will grow in confidence that He is good and He is in control. Our faith matures and we are able to rest in Him no matter what our circumstances look like.

Merry Christmas everyone! Keep Jesus in focus. Train up your faith in God & have fun this month with these exercises!!!

