



Mindful Carrot Thanksgiving Day Workout



WHAT YOU NEED:

- * FAMILY & FRIENDS WILLING TO GET SWEATY!
- * MUSIC
- * SPACE (ABOUT 50-75 METERS FOR SPRINTS/ JOGS)
- * BENCHES, STEPS, OR STAIRS (FOR HOPPING / STEPPING)

THE DETAILS:

10 EXERCISES USING AN ACCUMULATION METHOD. IN THE END YOU WILL HAVE DONE 100 SQUATS, 90 BURPEES, 80 PUSHUPS, ETC.. SET A LAND MARK 50 METERS FROM YOUR GROUP.

1. 10 SQUATS + SPRINT DOWN AND BACK
2. 10 BURPEES+10 SQUATS + SPRINT DOWN AND BACK
3. 10 PUSHUPS, 10 BURPEES, 10 SQUATS + DOWN AND BACK
4. HOP UP/DOWN ON BENCH/STAIRS OR RUN UP RX10, LX10, 10 PUSHUP, 10 BURPEES, 10 SQUATS, + DOWN AND BACK
5. 10 TRICEP DIPS, HOP UP/DOWN 10X, 10 PUSHUPS, 10 BURPEES, 10 SQUATS + DOWN AND BACK
6. 10 JUMPING JACKS, 10 TRICEP DIPS, HOP UP/DOWN X10, 10 PUSHUPS, 10 BURPEES, 10 SQUATS + DOWN AND BACK
7. 10 JUMP SQUATS, 10 JUMPING JACKS, 10 TRICEP DIPS, HOP UP/DOWN X10, 10 PUSHUPS, 10 BURPEES, 10 SQUATS + DOWN AND BACK
8. 10 WIDE SQUATS,10 JUMP SQUATS, 10 JUMPING JACKS, 10 TRICEP DIPS, HOP UP/DOWN X10, 10 PUSHUPS, 10 BURPEES, 10 SQUATS + DOWN AND BACK
9. 10 MOUNTAIN CLIMBERS (R+L = 1), 10 WIDE SQUATS,10 JUMP SQUATS, 10 JUMPING JACKS, 10 TRICEP DIPS, HOP UP/DOWN X10, 10 PUSHUPS, 10 BURPEES, 10 SQUATS + DOWN AND BACK
10. 10 HIGH FIVES OR HUGS, 10 MOUNTAIN CLIMBERS (R+L = 1), 10 WIDE SQUATS,10 JUMP SQUATS, 10 JUMPING JACKS, 10 TRICEP DIPS, HOP UP/DOWN X10, 10 PUSHUPS, 10 BURPEES, 10 SQUATS + DOWN AND BACK + 10 MORE HIGH FIVE OR HUGS!

