



# Christmas Circuit Workout

It's time to get in shape for the Christmas season, and your Scout Elf knows the perfect way: setting up an interval workout with some of their favorite sweets!

## Materials:

- Color printer
- Card stock/paper
- Printable
- Paper straw
- Donut holes
- Mini marshmallows
- Cruller



## Instructions:

1. Your Scout Elf will print and cut out the printable listing the circuit workout.
2. Then, they will use pipe cleaners for muscle ropes, a cruller as a tire and donut holes or marshmallows attached to a paper straw to imitate a weighted barbell.
3. Finally, your elf will move through the circuits to complete their high intensity Christmas workout.



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10	Polar Bench Presses	15	Blizzard Burpees
15	Merry Mountain Climbers	15	Candy Cane Bear Crawls
15	Rocking Muscle Rope Slams	25	Wintry Walking Lunges
5	Crazy Cruller Flips	10	Dashing Deadlifts
10	Jolly Box Jumps	5	Starry Sprints
50	Seasonal Squats	15	North Pole Pull-Ups
25	Kettle "Jingle" Bell Swings		

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