

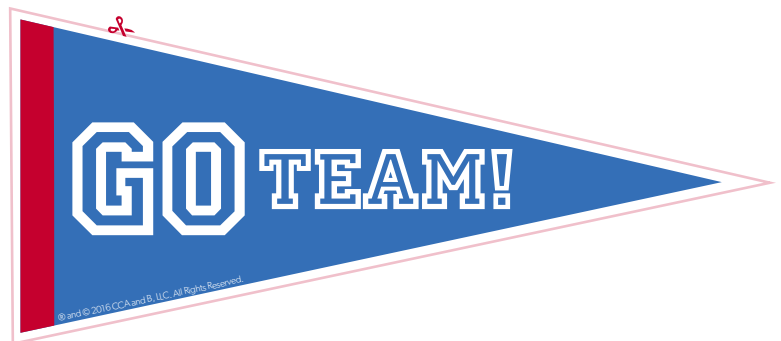
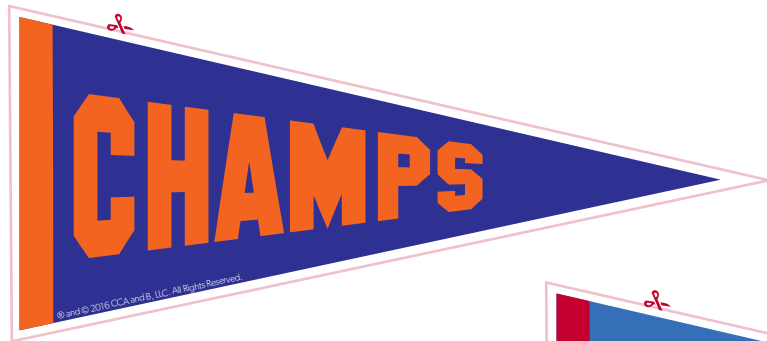


Sports-Themed Elf on the Shelf Props

Free Printable Items for Sporty Elves



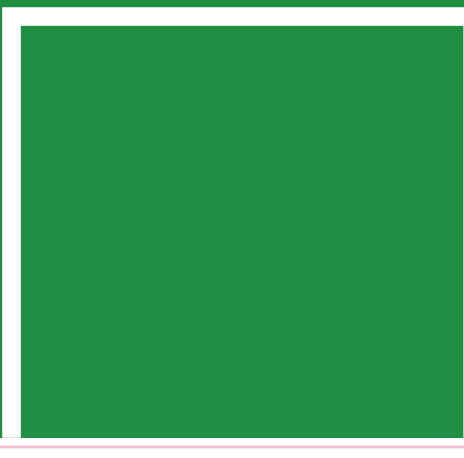
Cheerleading Props



*Will also need toothpicks



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Bowling Props



*Will also need a mini bowling set (available online or at party stores),
or use peppermint sticks (broken up into inch-long segments) as pins

Bowling Props



Basketball Prop



*Will also need a small medicine cup for a hoop and a small orange balloon for a ball

Weightlifting Prop



Christmas Circuit

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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*Can use small craft/household/food items as elf-sized gym equipment

Yoga Prop



12 MINUTE

HOLIDAY ELF-ERCISE

Let's get ready for the upcoming holiday season. This workout helps build strength and increases flexibility which will be especially useful during your visit with your family.

Hold each pose for 40 seconds; take a 20-second break between poses.



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