

# STORM WORKOUT

**DOWN UNDER**



**Sports and Fitness**

HEAVIEST SNOW  
MIX

STRENGTHENS

## WINTER STORM WORKOUT

Meteorologists are calling for 12-24" of snow. Therefore complete 12-24 reps for each of the below exercises. And then repeat the workout 2 more times. And don't forget to go outside after each round and complete a snow angel for 2-min (arms/legs 6" off snow – feel the burn in the snow!!)

1. Spider Pushups
2. Mtn. Climbers – 4-count
3. Squat Jumps or Thrusts
4. Run Staircase 12-24x, lol
5. 12-24x shovel s of snow
6. F-Plank Knee Drives – ALT
7. Pushups + Alt. Side Planks
8. Bicycle Crunches – 4 count
9. Jumping Jacks – 4 count
10. Alternating Lunges or jumps
11. F-Plank Punches - Alternate
12. Squats