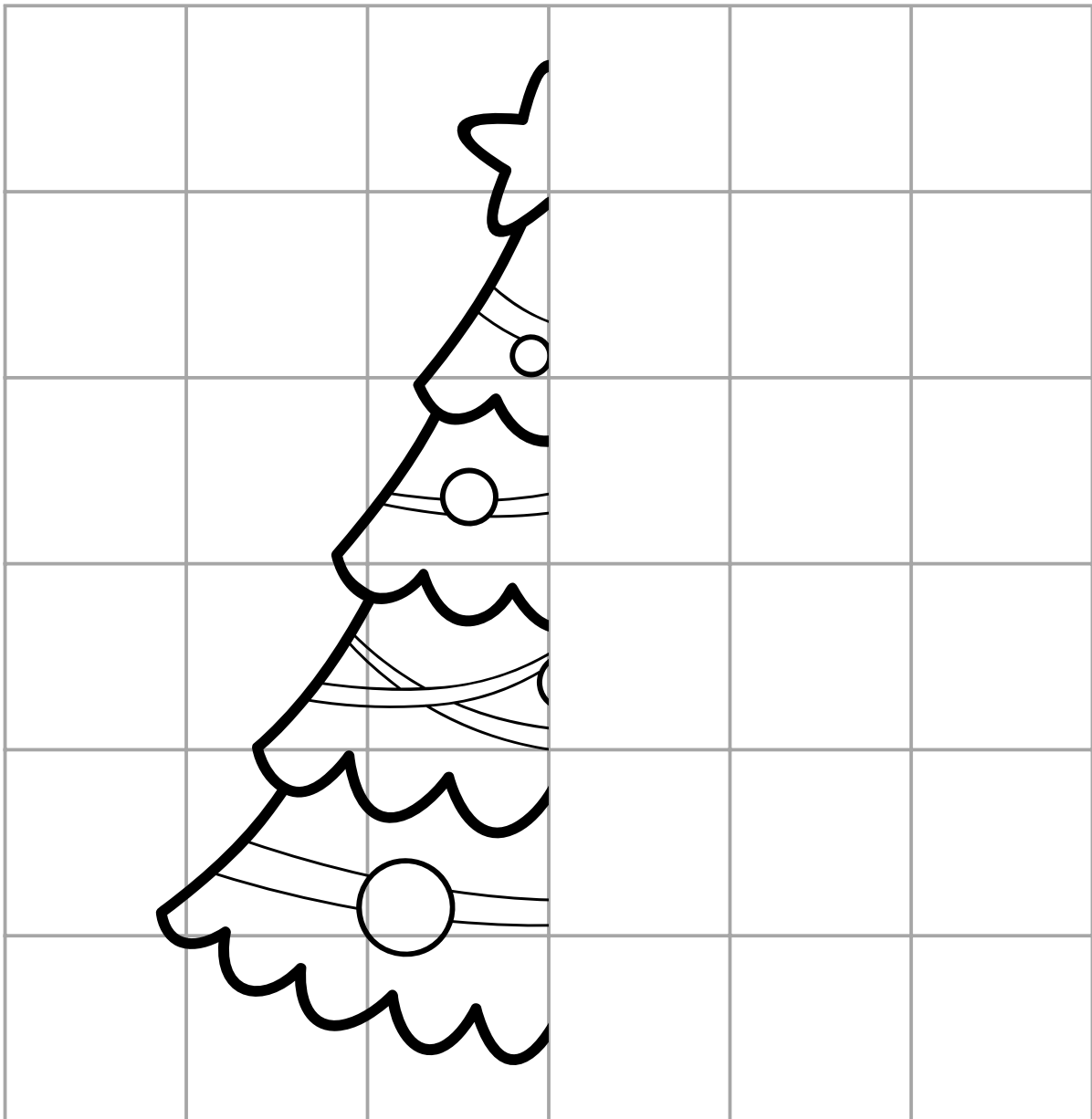


# Winter Warm Up

## Christmas Symmetry

Use the grid to draw the other side of the picture.



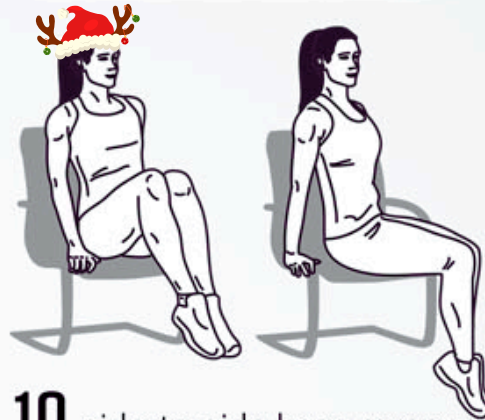
# Winter Warm Up

## Chair Abs

Reps and Rounds: Perform 10–15 repetitions of each exercise in the sequence.  
Complete 2–3 rounds, depending on your fitness level.



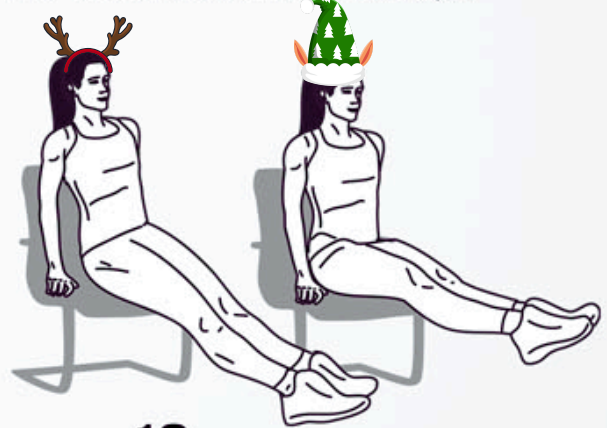
**10** crunch kicks



**10** side-to-side knee sweeps



**10** knee-to-elbows



**10** leg raises



**10** cycling crunches



**10** sitting twists