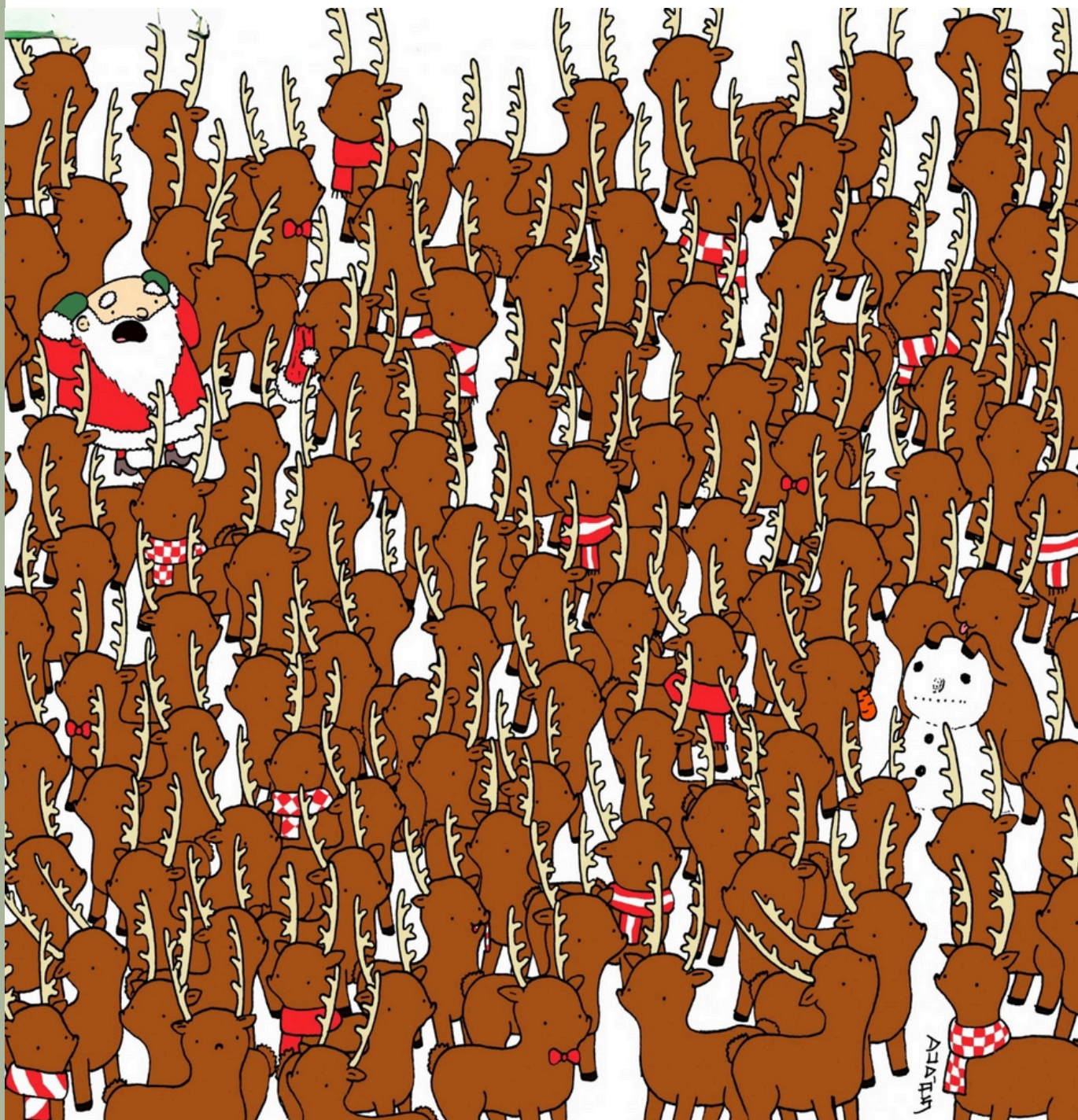


Winter Warm Up



Can You Find the Christmas
Bear Hiding in a Group of
Reindeer?



Winter Warm Up

Day 4 Challenge: "Walk the Winter Path"

Instructions: Choose your level of difficulty below and complete the challenge outdoors if possible. If needed, you can break the walk into two 15-minute sessions to fit your schedule.

Level 1: "Frosty's Easy Stroll"

- Walk for 30 minutes.
- Every 5 minutes do 20 Calf Raises.



Level 2: "Reindeer Warm-Up"

- Walk for 30 minutes.
- Every 5 minutes, pause and do:
 - 15 Bodyweight Squats
 - 20 Calf Raises



Level 3: "Santa's Power March"

- Walk for 30 minutes.
- Every 5 minutes, pause and do:
 - 20 Bodyweight Squats
 - 20 Calf Raises
 - 20 Bodyweight Squats

