

# UFIT Workout 14

## THANKSGIVING WORKOUT

30 seconds on each exercise

Repeat as 3-4 rounds

T-uck jumps

H-igh knees

A-lternating backward stepping lunges or jumping lunges

N-arrow squats or squat jumps

K-nee tucks (core)

F-lutter kicks

U-ppercuts

L-ateral shuffle