



# *MACY'S Parade Workout*



KICK-OFF

25 HOPS IN PLACE

BALLOON SIGHTING

15 HIGH KNEES

SINGING PERFORMANCE

30 JUMPING JACKS

BLACK FRIDAY COMMERCIAL

JOG IN PLACE DURING

MARCHING BAND

10 PUSHUPS

DANCING PERFORMANCE

16 BUTT KICKS

TURKEY SIGHTING

10 SIDE-TO-SIDE SKIERS

'MACY'S' BEING SAID

10 CRUNCHES

TEMPERATURE/WEATHER  
NOTATION

15 SQUATS

SANTA!!!

5 BURPEES

