



2021 New Year Workout

● SPELL OUT HAPPY NEW YEAR BY
DOING 21 OF EACH LETTER'S EXERCISE!

- **H**igh Knees
 - **A**bdonimal Crunches
 - **P**ush-ups
 - **P**lank Taps
 - **Y**our Choice of Exercise

 - **N**arrow Squats
 - **E**asy Jog in Place
 - **W**ashing Machines

 - **Y**our Choice of Exercise
 - **E**lbow to Knee
 - **A**rm Circles
 - **R**everse Crunch
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