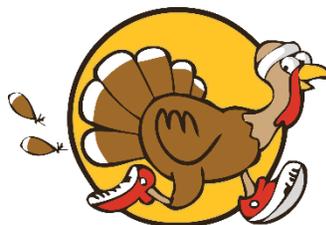


The Turkey Burner



Looking for a simple short workout to get you through turkey season? Look no further! The Turkey Burner Workout (adapted from <https://fitfulfocus.com/the-turkey-burner-a-thanksgiving-themed-workout/>) will get your heart pumping and your muscles working. Perform each exercise for 45 seconds followed by 15 seconds rest. Rest for 2 minutes between sets. Perform 2 sets if pressed for time or 3 sets for a 30 minute workout. Don't forget to warm up before and cool down with a stretch following the workout.

Equipment needed: Dumbbells, skipping rope (optional)

TURKEY FEATHER FLAPPERS (jumping jacks)

Begin by standing upright, feet together, knees slightly bent, and arms to your sides. Jump while raising the arms and separating the legs. Softly land with the arms overhead and the legs apart. Jump again and return to start (feet together, knees slightly bent, and arms to your sides). Repeat your *feather flappers* for the designated time, landing softly on the balls of your feet with each "jump". Modify by alternating steps out to the side.



GOBLET GOBBLERS (goblet squat)

Begin by standing up straight and holding a light dumbbell close to your chest (starting position). Keeping back straight, squat down until your thighs are parallel to the floor or squat as low as you can. Once you reach the bottom of the squat, push through your full foot to return to the starting position. Modify by omitting the dumbbell.



TURKEY TROT (run on the spot)

Keeping abs tight, back straight, run on the spot while lifting knees as high as you can while pumping arms. Alternately you can march on the spot or run on a treadmill for the designated time.



WING WORKERS (push-ups)

Begin in a high plank position, supporting your weight between extended arms and toes. Slowly flare and bend the elbows to the sides, drawing your chest toward the ground. Maintain a flat back and engage the core throughout the movement. Press the hands into the ground to return to start. Continue for the designated time. To modify, place hands on a raised surface (stair or desk) or drop the knees.



HARVEST HOPS (skipping)

Begin by standing upright, feet together and knees slightly bent. With or without a skipping rope, place arms at your sides with palms facing up in loose fists. While rotating the arms forward, perform “skips”, hopping on both feet or alternating between the left and the right foot. Repeat the skipping for the designated time, landing softly on the balls of your feet with each “skip”.



PUMPKIN PIE POP-UPS (burpees)

Start standing tall with arms overhead. Squat down, place your hands on the ground. Step or jump both feet back into a high plank position. Step or jump feet back and return to a standing position. Repeat for designated time. To challenge yourself, perform a push up from the high plank position.



PLANKSGIVING (plank)

With elbows beneath the shoulders, support your weight between your forearms and toes. Your body should form a straight line from the crown of your head to your heels. Engage the core throughout and hold for the designated time before moving on. To modify, perform plank from the knees.



End workout with a 3-5 minute cool-down stretch.

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