GOBBLE, WOBBLE & MOVE

Thanksgiving Circuit

Warm up: 5 minutes of easy cardio and gentle practice reps.
Choose your level at each station. Complete all 6 stations in order.

LEVEL 1	**Beginner:** 1 to 2 rounds. Rest 45 to 60 seconds between stations.
LEVEL 2	**Intermediate:** 2 rounds. Rest 30 to 45 seconds between stations.
LEVEL 3	**Advanced:** 3 rounds. Rest 15 to 30 seconds between stations.

1. TURKEY TROT

Treadmill, bike or elliptical



- **Level 1:** 2 minutes at an easy pace.
- **Level 2:** 2 minutes at a moderate pace.
- **Level 3:** 2 minutes alternating 30 seconds brisk, 30 seconds easy.

Brisk means challenging, never all out.

2. GOBBLE GOBLET SQUAT

Kettlebell



- **Level 1:** 8 bodyweight chair squats.
- **Level 2:** 10 light kettlebell goblet squats.
- **Level 3:** 12 goblet squats with a 3 second lowering.

Sit hips back. Keep knees tracking with toes.

3. PASS THE PUMPKIN ROW

Long resistance band



- **Level 1:** 8 seated band rows.
- **Level 2:** 12 seated band rows.
- **Level 3:** 15 seated band rows with a 2 second squeeze.

Secure band at midfeet. Pull elbows back, away from face.

4. HARVEST DEADLIFT

Kettlebell



- **Level 1:** 8 light kettlebell deadlifts.
- **Level 2:** 12 kettlebell deadlifts.
- **Level 3:** 12 deadlifts with a 3 second lowering.

Hinge at hips. Keep the bell close and back neutral.

5. PIE PRESS

Dumbbells



- **Level 1:** 8 light dumbbell floor presses.
- **Level 2:** 12 dumbbell floor presses.
- **Level 3:** 12 floor presses with a 3 second lowering.

Lower until upper arms gently touch the mat.

6. FARM TO TABLE CARRY

Dumbbells



- **Level 1:** 20 seconds with light weights.
- **Level 2:** 30 seconds with moderate weights.
- **Level 3:** 45 seconds with challenging weights.

Walk slowly. Stand tall. Keep shoulders relaxed.

Use weights and band tension that leave 2 good reps in reserve. Rest longer whenever needed.
Cool down: 3 minutes of easy walking and comfortable stretches.
New to a move? Ask a trainer to check your form. Stop any movement that causes pain.

6 Rounds