



5 BOXEE JUMPS

#trainlikemike

1
00:00:00,766 --> 00:00:08,040
[Music]

2
00:00:08,040 --> 00:00:09,008
>> On the twelfth day

3
00:00:09,008 --> 00:00:11,243
of Christmas my Acer
[phonetic] said

4
00:00:11,243 --> 00:00:13,379
to me twelve jacks a jumping.

5
00:00:13,379 --> 00:00:14,713
>> Eleven pushy push-ups.

6
00:00:14,713 --> 00:00:17,049
>> Ten kettle bells a swinging.

7
00:00:17,049 --> 00:00:19,518
>> Nine yoga planks.

8
00:00:19,518 --> 00:00:23,155
[Music]

9
00:00:23,155 --> 00:00:24,790
>> Eight shuttle runs.

10
00:00:24,790 --> 00:00:28,360
>> Seven sets of burpees.

11
00:00:28,360 --> 00:00:30,863
>> Six squatters squatting.

12
00:00:30,863 --> 00:00:33,466
>> Five boxee jumps.

13

00:00:33,466 --> 00:00:35,267
>> Four dead lifts.

14
00:00:35,267 --> 00:00:36,602
>> Three arm curls.

15
00:00:36,602 --> 00:00:37,837
>> Two Russian twists.

16
00:00:37,837 --> 00:00:42,541
>> And your one really
fit space crew.

17
00:00:42,541 --> 00:00:51,617
[Music]