

















# BUILD YOUR OWN SNOWMAN WORKOUT

**Directions:** Using a pencil and colors, choose at least seven of the features and accessories from the list below and add them to the snowman. As you add different items, complete the movement associated with the feature or accessory for 30 seconds each. Click each movement for a demonstration video.

## Snowman Features and Accessories

-  **Carrot Nose** - [Ice Skaters](#)
-  **Top Hat** - [High Plank](#)
-  **Eye Brows** - [Air Drumming](#)
-  **Stick Arms** - [Air Punches](#)
-  **Scarf** - [Shoulder Stretch](#)
-  **Snow Glasses** - [Twists](#)
-  **Boots** - [High Kicks](#)
-  **Sweater** - [Seated Heel Drops](#)
-  **Button Eyes** - [Squat Jumps](#)
-  **Snow Beanie** - [Calf Raises](#)
-  **Smile made of Coal** - [Butt Kickers](#)
-  **Mittens** - [Bridge Pose](#)
-  **Hair** - [Crab Toe Touch](#)
-  **Buttons** - [Mountain Climbers](#)
-  **Earmuffs** - [Seal Jacks](#)
-  **Bow Tie** - [Side Lunges](#)

