## Give yourself the gift of becoming stronger. Perform <u>5 sets of push ups, planks or</u> <u>squats</u> (5 reps each, of course!).

Day Five

Pick your favorite strength training exercises, and perform 5 sets of 5 repetitions. Power up your legs, tone your arms and get ready to carry those holiday parcels or pull your toboggan up hill with ease.

