



Santa
ACADEMY

PE Lesson

with FLEA FASTER

1. 20 Star Jumps
2. 1 Minute Sprint on the Spot
3. 10 Squats
4. 10 Push Ups
5. 1 Minute High Knees

REPEAT X3

To finish:
1 Mile Jog



Get your **sports gear on** and warm up for a workout with fitness fanatic Flea Faster.