

Little Drummer Boy

For King & Country

Format: choreographed drumsticks

Length: 4:42

Instructor: Sara Taylor

Exercises

Reps

Round 1

Squat down 3, up 1

8x

Triple bent over row

11x

Round 2

Squat down 3, up 1

4x

Upright row to front raise

22x

Round 3

Squat down 3, up 1

8x

Chest press to overhead press

22x

*hold

Round 4

Squat drum roll soft R, L

16x

Squat down 3, up 1

16x

Squat drum roll harder R, L

16x