

JOY TO THE WORLD (Unspeakable Joy)

Chris Tomlin

Format: Warm-up (Christmas)

Length: 3:26

Instructor: Sara Taylor

Exercises

Reps

Intro

Shoulder rolls

Step touch

Round 1

Tap repeater L

8x

Hamstring curl L, R

4x

Tap repeater R

8x

Hamstring curl R, L

4x

Hamstring curl R, L with arm up

3x

Walk forward (4 steps) & back (4 steps)

2x

Round 2

Repeat round 1

Grapevine R, L

4x

Grapevine R, L with arms up

4x

Round 3

Hamstring stretch R 4x, L 4x

1x

Calf stretch R 4x, L 4x

1x

Hamstring curl R, L with arms up

3x

Walk forward & back

2x

Grapevine R, L

4x

Grapevine R, L with arms up

4x

Walk forward & back

3x