



O COME, ALL YE FAITHFUL

Pentatonix

Format: Christmas Drumsticks

Length: 3:27

Instructor: Sara Taylor

Exercises

Reps

Intro

Round 1

Narrow Squat, front hit, behind back hit, front hit

8x

(Same arms) Step R wide squat, center, step L wide squat, center

3x

Narrow squat, hit in, out, in, up with hop

8x

Round 2

Repeat round 1

Round 3

Wide squat circle hit x7 R, L

2x

Wide squat circle hit x3 R, L

4x

Narrow squat, hit in, out, in, up with hop

12x

Arms up hold

Pulsing hit to beat

Narrow squat, hit in, out, in, up with hop

4x

