

# Winter Sports Workout

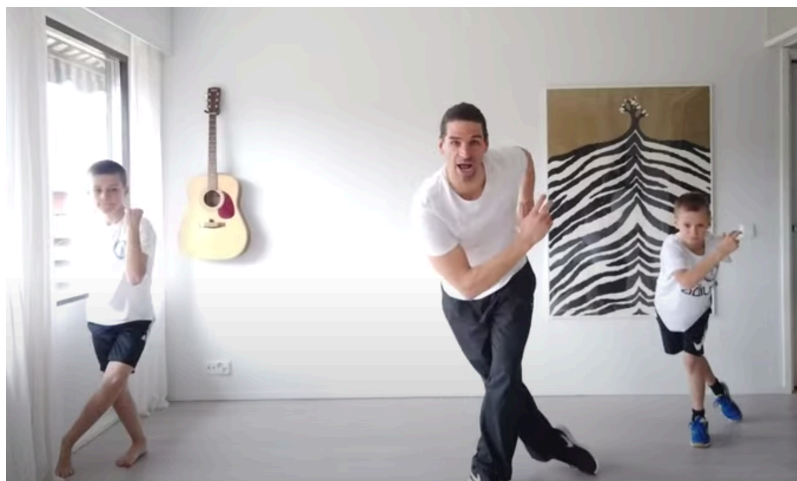


BMS! Winter is here (or almost, depending on the calendar you follow!) Either way, it's December, but the snow has not yet fallen and the outdoor ice rinks are hard to come by.

## Never fear!

With this workout, you can practice all of the winter sports of your dreams, in a fun way, right in your own home!

Watch the [video](#)



Practice with the video in front of you

Use your Ipad to record yourself doing the workout for credit!