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| 12 Days of | Fitmas |
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| --- | --- | --- | --- | --- | --- | --- |
| Sunday | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
|  | 4 | 5 | 6 | 7 | 8 | 9 |
|  |  |  |  |  |  |  |
| 10 | 11 | 12 | 13 | 14 | 15 | 16 |
|  |  |  |  |  |  |  |
| 17 | 18 | 19 | 20 | 21 | 22 |  |
|  |  |  |  |  |  |  |

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| On the \_\_\_\_ dAY of Fitmas, my Trainer gave to me… |
| 1 Minute long plank2 squat jumps3 tricep Dips4 push-ups5 golden burpees!6 bicycles | 7 sumo squats8 jumping lunges9 swan dives10 plank switches11 jumping jacks12 Marching bridges |