**12 Days of Fitness – Fitness Challenge**

**Beginner Intermediate Advanced**

**Day 1** 30 Jumping Jacks 60 Jumping Jacks 100 Jumping Jacks

**Day 2** 2 X 15-30 sec 2 X 30-45 sec 2 X 45 secs -1 min Planks

**Day 3** 3 sets of 5 3 sets of 8 3 sets of 12 Lunges

**Day 4**  4 sets of 30 sec 4 sets of 45 sec 4 sets of 1 min Jump Rope (or step ups)

**Day 5** 5 sets of 5-7 5 sets of 8-10 5 sets of 20 sit ups

**Day 6** 6 Burpees 6 Burpees (2 sets) 6 Burpees (4 sets)

**Day 7** 7 (Any w/ good form) 7 Perfect 7 Perfect Push-Ups (2-3 sets)

**Day 8** 8 (Hold for 5 secs) 8 (10 secs) 8 (15 secs) Calf Raises

**Day 9** 9 Deep Squats 9 Deep Squat Jumps 9 Deep Squats (2 sets)

**Day 10** 10 Tricep Dips 10 Tricep Dips 10 X 2 Tricep Dips

**Day 11** 11 Bicep Curls 11 Bicep Curls 11 X 2 Bicep Curls (Each Arm)

**Day 12** 12 Mountain Climbers 12 Mountain Climbers 12 X 2 Mountain Climbers

* Each day you do the previous days, plus that day
* Choose from any section that challenges you
* You can vary each if needed (have less time one day and more time another, simply switch days)
* Make modifications as needed, but still challenge yourself! (do less as you build more days, if needed)
* Possible Modifications
  + Less reps/time/sets
  + No Jump Rope – Do step ups on a stair – Do High knees
  + Alternate Jump Rope, Butt Kicks, High Knees, Step Ups
  + Move back a level
  + Use weights
  + More reps/time
* **Triceps Dips** - find a chair, bench, Coffee Table, etc.
* **Bicep Curls** – Don’t have dumbbells (sign out from Mr. Eldridge), use an object that you can curl w/each or both arms (Example: Milk Carton filled with water, Back pack filled w/Text Books)
* **Push Ups** – Try full, if you cannot complete all…move to a proper modified pushup