



Name: _____ Building _____

Read the instructions carefully. Use the attached calendar to record the days you completed each "verse". This challenge builds from day to day. Just like the song! Perform it in a ladder - 1 plank, then 2 burpees AND 1 plank, then 3 push-ups, 2 burpees AND 1 plank and so on... Challenge calendars are due to health@145 by Friday, January 9th. You MUST complete all 12 days!

12 DAYS OF CHRISTMAS WORKOUT

 "On the first day of Christmas,
my trainer gave to me..." 

1 plank for 20 seconds

2 burpees

3 push-ups

4 star jumps

5 squats

6 chair dips

7 boxing punches

8 mountain climbers

9 jumping jacks

10 alternating lunges

11 crunches

12 high knees

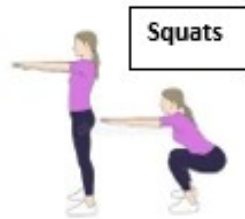

Just like the song!
Perform it in a ladder -
1 plank, then 2 burpees
and 1 plank, then 3
push-ups, 2 burpees,
and 1 plank, and so
on...



The Push Up Project



fruitfitness.com

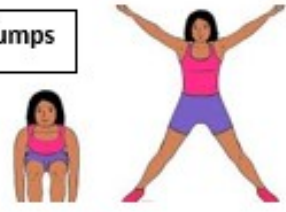


Squats

How to do Burpees



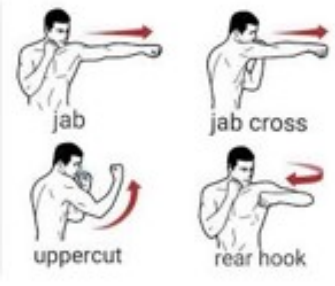
Star Jumps



Chair Dips



Boxing Punches



MOUNTAIN CLIMBERS



- Start in plank: Hands on the ground, arms straight, body like a board.
- Bend knee: Bring right knee towards your chest, keeping foot off the ground.
- Switch legs: Push right foot back, while bringing left knee forward.
- Keep going: Alternate legs quickly, like running in place.
- Stay strong: Keep your back straight and core tight throughout.

JUMPING JACKS



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ALTERNATING JUMP LUNGE



MODIFICATION USE INCLINE (BOX, CHAIR, ETC)

HIGH KNEE



Crunches



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