



12 DAYS OF FITMAS

Start on the 1st Day and do that exercise. On subsequent days you start with the 1st Day and work your way up to the current day.

1st Day: Partridge in a Plank Tree - 1 min. Plank

2nd Day: 2 Turtle Doves - 2 min Total Body Exercises

3rd Day: 3 French Hens-3 Forearm Exercises 10 each

4th Day: 4 Calling Birds doing 4 min. of Cardio

5th Day: 5 Golden Rings - 50 sec. Arm Circles

6th Day: 6 Geese A Laying - 60 sec. Bridges

7th Day: 7 Swans a Swimming - 7 Arm Exercises

8th Day: 8 Maids a Milking - 80 sec. Milk the Cow

9th Day: 9 Ladies Dancing - 90 sec. Plie Squats

10th Day: 10 Lords a Leaping doing 10 Long Jumps

11th Day: 11 Pipers Piping & Doing 11 Push Ups

12th Day: 12 Drummers Drumming - Dumbbell Curls