The 12 Days of Christmas Fitness Challenge
Dec. 5-16 (count down to winter break)
(TWO ROUNDS OF EACH)

Dec. 5
On the first day of Fitmas, PC’s challenge gave to me…
A plank next to a Christmas tree (30 seconds).

Dec. 6
On the second day of Fitmas, PC’s challenge gave to me…
2 sets of wall sits (30 seconds)
And a plank next to a Christmas tree (30 seconds)

Dec. 7
On the third day of Fitmas, PC’s challenge gave to me…
3 inchworms
2 wall sits (30 seconds)
And a plank next to a Christmas tree (30 seconds)

Dec. 8
On the fourth day of Fitmas, PC’s challenge gave to me…
4 calling (burpees)
3 inchworms
2 wall sits (30 seconds)
And a plank next to a Christmas tree (30 seconds)

Dec. 9
On the fifth day of Fitmas, PC’s challenge gave to me…
5 skater jumps
4 calling (burpees)
3 inchworms
2 wall sits (30 seconds)
And a plank next to a Christmas tree. (30 seconds)

Dec. 10
On the sixth day of Fitmas, PC’s challenge gave to me…
6 (bridge ups) a laying
5 skater jumps
4 calling (burpees)
3 inchworms
2 wall sits (30 seconds)
And a plank next to a Christmas tree..(30 seconds)

Dec. 11
On the seventh day of Fitmas, PC’s challenge gave to me…
7 squats a squatting (air squats)
6 (bridge ups) a laying
5 skater jumps
4 calling (burpees)
3 inchworms
2 wall sits (30 seconds)
And a plank next to a Christmas tree.. (30 seconds)

Dec. 12
On the eighth day of FITmas, PC’s challenge gave to me...

8 maids a climbing (mountain climbers)
7 squats a squatting (air squats)
6 (bridge ups) a laying
5 skater jumps
4 calling (burpees)
3 inchworms
2 wall sits (30 seconds)
And a plank next to a Christmas tree.. (30 seconds)

Dec. 13
On the ninth day of FITmas, PC’s challenge gave to me...

9 dancing (step ups)
8 maids a climbing (mountain climbers)
7 squats a squatting (air squats)
6 (bridge ups) a laying
5 skater jumps
4 calling (burpees)
3 inchworms
2 wall sits (30 seconds)
And a plank next to a Christmas tree.. (30 seconds)

Dec. 14
On the tenth day of FITmas, PC’s challenge gave to me...

10 leaping lunges (regular forward lunge)
9 dancing (step ups)
8 maids a climbing (mountain climbers)
7 squats a squatting (air squats)
6 (bridge ups) a laying
5 skater jumps
4 calling (burpees)
3 inchworms
2 wall sits (30 seconds)
And a plank next to a Christmas tree.. (30 seconds)

Dec. 15
On the **eleventh day** of FITmas, PC’s challenge gave to me...

11 piper (pushups)
10 leaping lunges (regular forward lunge)
9 dancing (step ups)
8 maids a climbing (mountain climbers)
7 squats a squatting (air squats)
6 (bridge ups) a laying
5 skater jumps
4 calling (burpees)
3 inchworms
2 wall sits (30 seconds)
And a plank next to a Christmas tree.. (30 seconds)

Dec. 16
On the **twelfth day** of FITmas, PC’s challenge gave to me...

12 triceps dipping
11 piper (pushups)
10 leaping lunges (regular forward lunge)
9 dancing (step ups)
8 maids a climbing (mountain climbers)
7 squats a squatting (air squats)
6 (bridge ups) a laying
5 skater jumps
4 calling (burpees)
3 inchworms
2 wall sits (30 seconds)
And a plank next to a Christmas tree.. (30 seconds)