12 days of fitmas

A simple exercise routine for the 12 days of Christmas

MINUTE PLANK



2 PUSH-UPS **INSTRUCTIONS:**

Walk or run
for 30
minutes,
followed by
an exercise
from a bauble

3 BURPEES 4 STAR JUMPS

5 SQUATS

GLUTE BRIDGES

SIT-UPS

8 BIRD DOGS

9 TRICEP DIPS 10 TWIST RUNCHES

JUMP SQUATS

12 MOUNTAIN CLIMBERS

