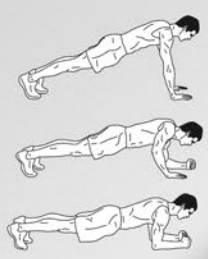


1



one up and do
3 sets

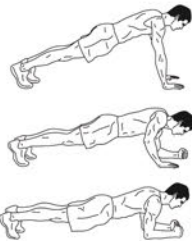
5



2020 FITNESS ADVENT CALENDAR

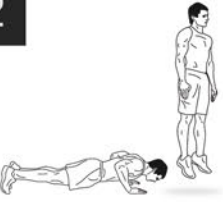
by DAREBEE | darebee.com

1



one up and down plank
3 sets 30sec rest

2



2 burpees
3 sets 30sec rest

3



3 plank walk-outs
3 sets 30sec rest

4




4 V-ups
3 sets 30sec rest

5



5 tricep extensions
3 sets 30sec rest

6




6 jumping lunges
3 sets 30sec rest

7




7 push-ups
3 sets 30sec rest

8



8 lunges
3 sets 30sec rest

9




9 calf raises
3 sets 30sec rest

10



10 wide squats
3 sets 30sec rest

11



11 upward
downward dog
3 sets 30sec rest

12



12 side bridges
3 sets 30sec rest

13



13 reverse angels
3 sets 30sec rest

14




14 side lunges
3 sets 30sec rest

15



15 sit-ups
3 sets 30sec rest

16



16 sitting twists
3 sets 30sec rest

17



17 leg raises
3 sets 30sec rest

18




18 plank rotations
3 sets 30sec rest

19



19 jumping jacks
3 sets 30sec rest

20



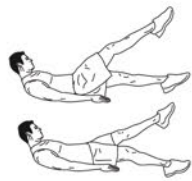
20 butt kicks
3 sets 30sec rest

21




21 bridges
3 sets 30sec rest

22




22 flutter kicks
3 sets 30sec rest

23



23 arm circles
3 sets 30sec rest

24



24 high knees
3 sets 30sec rest

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