

1









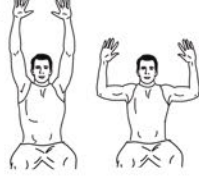


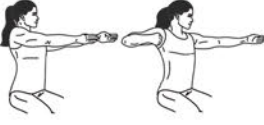
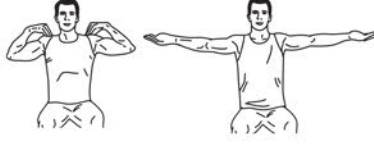
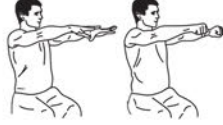



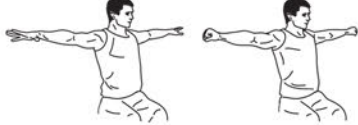

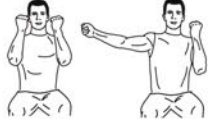
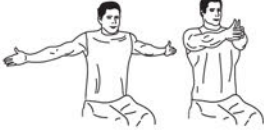
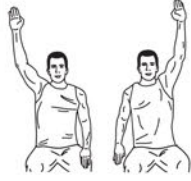

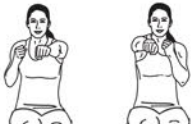
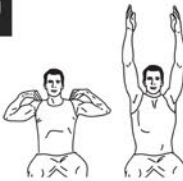
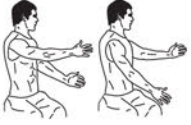
one minute
raised arms
3 sets

5

FITNESS ADVENT CALENDAR

UPPERBODY EDITION

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<p>1</p>  <p>one minute raised arm hold 3 sets 30sec rest</p>	<p>2</p>  <p>20 arm circles 3 sets 30sec rest</p>	<p>3</p>  <p>40 overhead clench / unclench 3 sets 30sec rest</p>	<p>4</p>  <p>4 minutes raised arms hold</p>
<p>5</p>  <p>one minute speed bag punches 3 sets 30sec rest</p>	<p>6</p>  <p>20 side arm raises 3 sets 30sec rest</p>	<p>7</p>  <p>20 W-extensions 3 sets 30sec rest</p>	<p>8</p>  <p>10 twists 3 sets 30sec rest</p>
<p>9</p>  <p>20 forward arm raises 3 sets 30sec rest</p>	<p>10</p>  <p>20 archers 3 sets 30sec rest</p>	<p>11</p>  <p>20 side shoulder taps 3 sets 30sec rest</p>	<p>12</p>  <p>40 clench / unclench 3 sets 30sec rest</p>
<p>13</p>  <p>20 elbow clicks 3 sets 30sec rest</p>	<p>14</p>  <p>20 arm scissors 3 sets 30sec rest</p>	<p>15</p>  <p>20 bicep extensions 3 sets 30sec rest</p>	<p>16</p>  <p>40 clench / unclench arms to the side 3 sets 30sec rest</p>
<p>17</p>  <p>20 overhead punches 3 sets 30sec rest</p>	<p>18</p>  <p>20 backfists 3 sets 30sec rest</p>	<p>19</p>  <p>20 chest expansions 3 sets 30sec rest</p>	<p>20</p>  <p>20 alternating chest expansions 3 sets 30sec rest</p>
<p>21</p>  <p>2 minutes chest squeeze</p>	<p>22</p>  <p>20 punches 3 sets 30sec rest</p>	<p>23</p>  <p>20 shoulder taps 3 sets 30sec rest</p>	<p>24</p>  <p>20 scissor chops 3 sets 30sec rest</p>

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