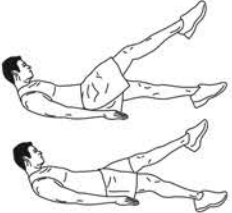
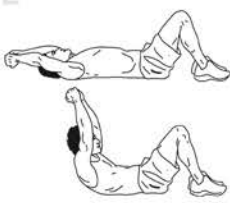
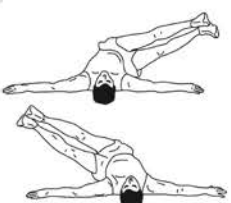
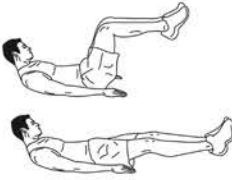



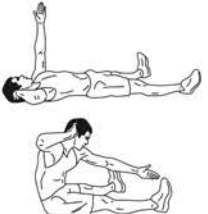

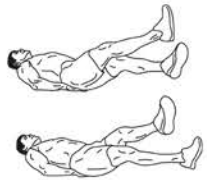

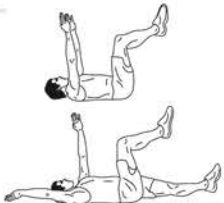


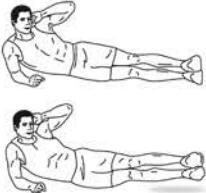

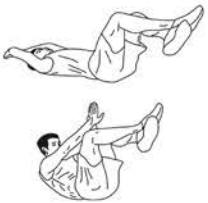
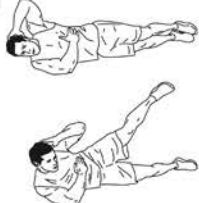
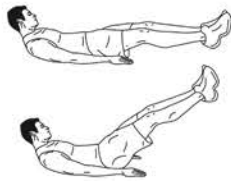


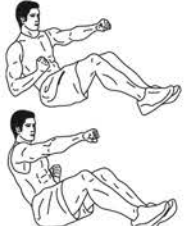




10 flutter k  
4 sets  
30

# 2018 FITNESS ADVENT CALENDAR

by DAREBEE | [darebee.com](http://darebee.com)

1		2		3		4	
5		6		7		8	
9		10		11		12	
13		14		15		16	
17		18		19		20	
21		22		23		24	

<p>1</p>  <p><b>10 flutter kicks</b> <b>4 sets</b> 30 seconds rest between sets</p>	<p>2</p>  <p><b>20 long-arm crunches</b></p>	<p>3</p>  <p><b>20 windshield wipers</b></p>	<p>4</p>  <p><b>20 crunch kicks</b></p>
<p>5</p>  <p><b>20 high crunches</b></p>	<p>6</p>  <p><b>10 knee-to-elbow crunches</b> <b>4 sets</b> 30 seconds rest between sets</p>	<p>7</p>  <p><b>20 reverse crunches</b></p>	<p>8</p>  <p><b>20 sit-up with reach</b></p>
<p>9</p>  <p><b>20 boat folds</b></p>	<p>10</p>  <p><b>20 scissors</b></p>	<p>11</p>  <p><b>10 knee-in &amp; twists</b> <b>4 sets</b> 30 seconds rest between sets</p>	<p>12</p>  <p><b>20 dead bugs</b></p>
<p>13</p>  <p><b>20 butterfly sit-ups</b></p>	<p>14</p>  <p><b>20 butt-ups</b></p>	<p>15</p>  <p><b>20 side leg raises</b></p>	<p>16</p>  <p><b>10 sitting twists</b> <b>4 sets</b> 30 seconds rest between sets</p>
<p>17</p>  <p><b>20 knee crunches</b></p>	<p>18</p>  <p><b>20 side jackknives</b></p>	<p>19</p>  <p><b>10 leg raises</b> <b>4 sets</b> 30 seconds rest between sets</p>	<p>20</p>  <p><b>20 cross crunches</b></p>
<p>21</p>  <p><b>20 side-to-side tilts</b></p>	<p>22</p>  <p><b>10 sitting punches</b> <b>4 sets</b> 30 seconds rest between sets</p>	<p>23</p>  <p><b>20 raised leg circles</b></p>	<p>24</p>  <p><b>20 heel taps</b></p>

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