FIT CHRISTMAS

12-day fitness program

fit christmas

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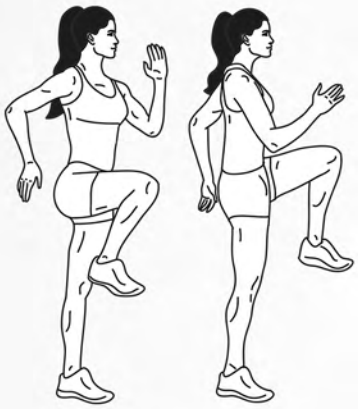
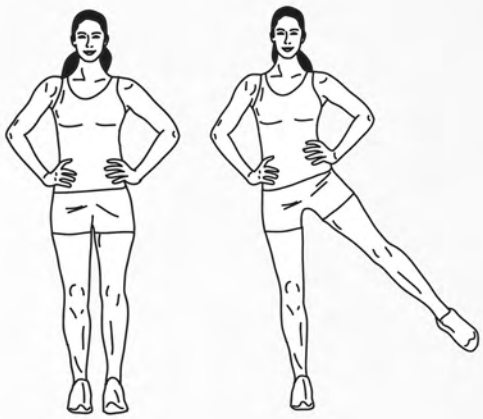
Day 1 | Cardio

Level I 3 sets
Level II 5 sets
Level III 7 sets

2 minutes rest between sets

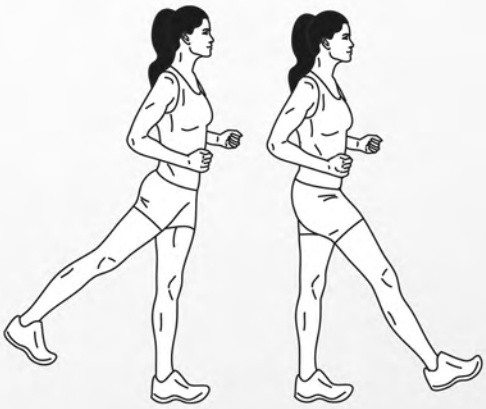


10 march steps



20 side leg raises

10 march steps



20 leg swings

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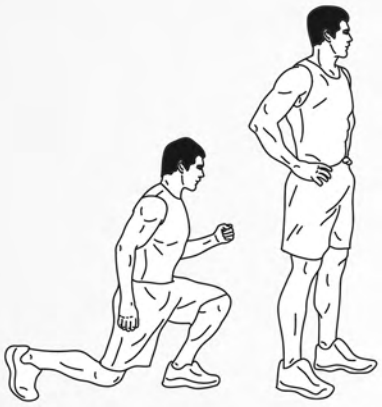
Day 2 | Strength

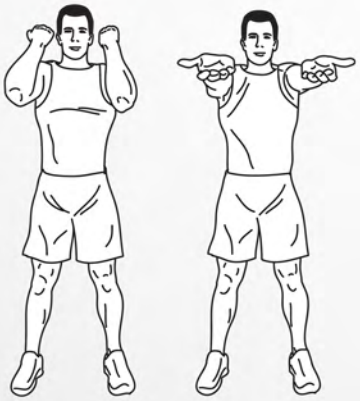
Level I 3 sets
Level II 5 sets
Level III 7 sets

2 minutes rest between sets



10 reverse lunges

5 squats



10 bicep extensions

5 calf raises

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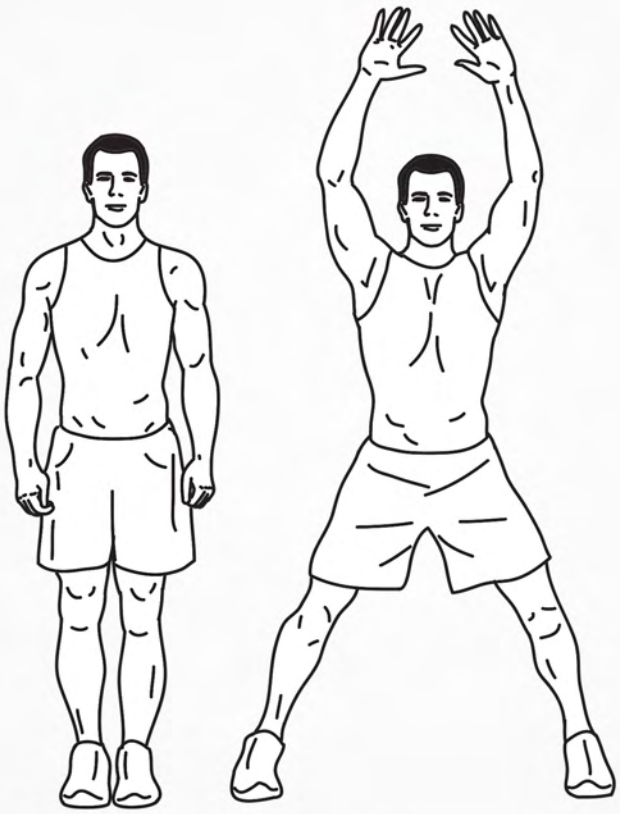
Day 3 | Challenge

100 jumping jacks

reps throughout the day
complete a total of 100 jumping jacks
by the end of the day



LOW IMPACT ALTERNATIVE
STEP JACKS

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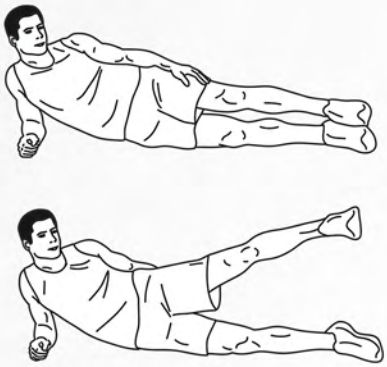
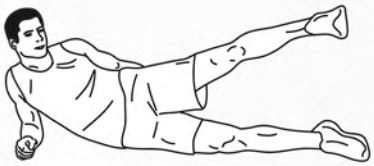
Day 4
Tendon Strength

No sets, no rest.



20 side leg raises



20-count hold

change legs and repeat the sequence

20 leg raises

20-count hold

change legs and repeat the sequence

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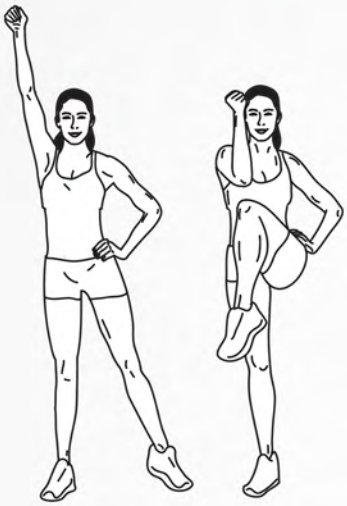
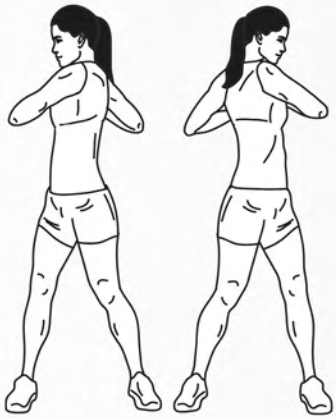
Day 5 | Core Control

Level I 3 sets
Level II 4 sets
Level III 5 sets

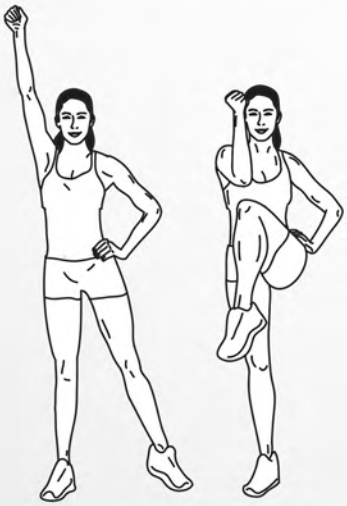
2 minutes rest between sets



10 knee to elbows



4 twists



10 knee to elbows

4 squat hold side bends

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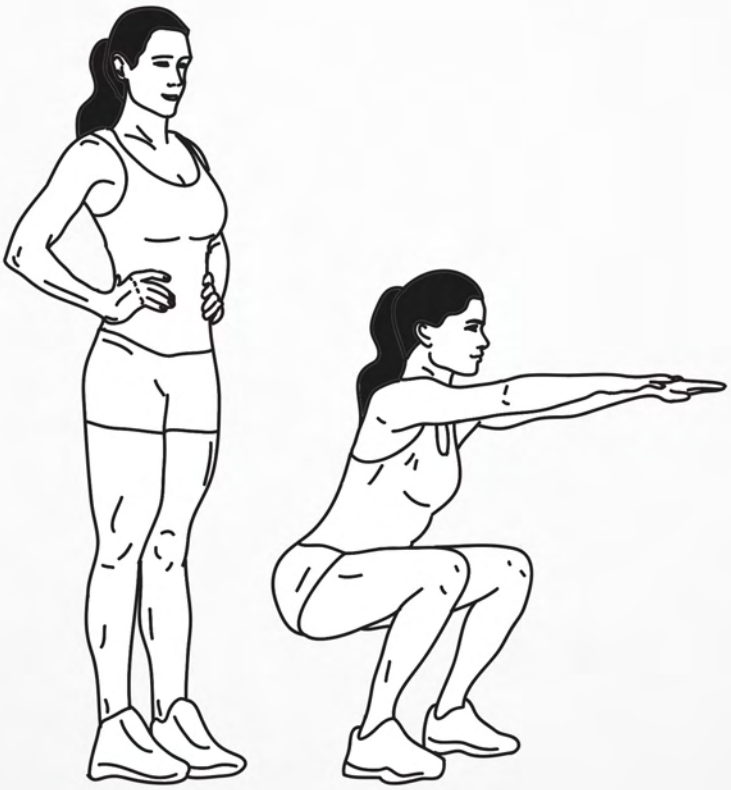
Day 6 | Challenge

50 squats

reps throughout the day
complete a total of 50 squats
by the end of the day



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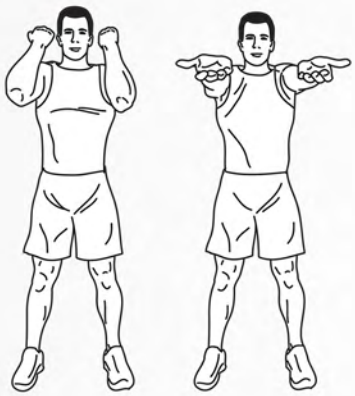
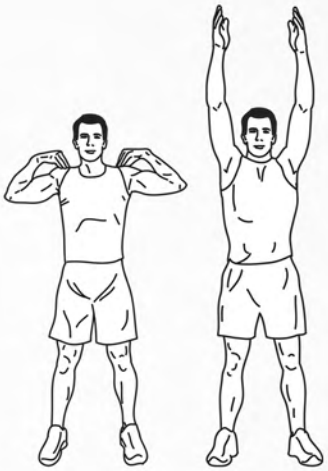
Day 7 | Endurance

Level I 1 minute
Level II 2 minutes
Level III 3 minutes

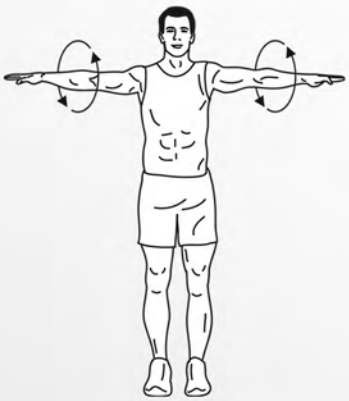
Do each exercise once
for the given amount of time.



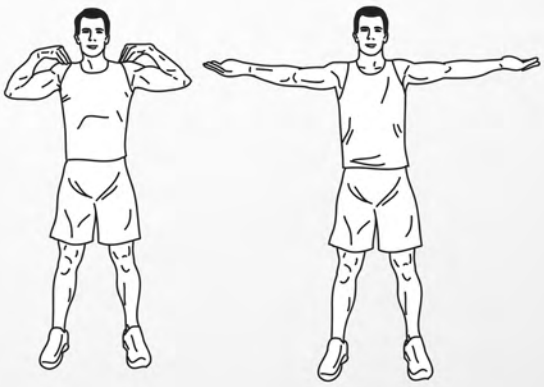
bicep extensions



shoulder taps



arm circles



side shoulder taps

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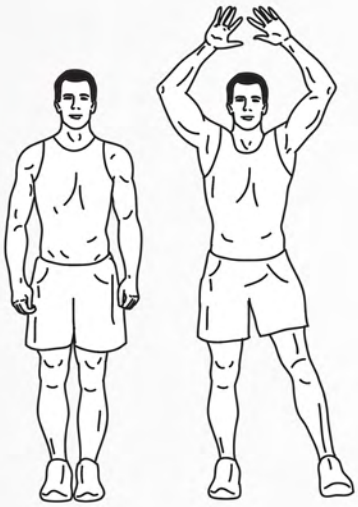
Day 8 | Cardio

Level I 3 sets
Level II 5 sets
Level III 7 sets

2 minutes rest between sets



10 step jacks

4 side jacks

10 step jacks

4 side jacks

10 step jacks

4 side jacks

10 step jacks

4 side jacks

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Day 9 | Challenge

3 minutes wall-sit

split throughout the day

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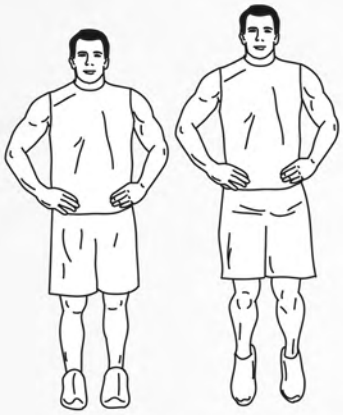
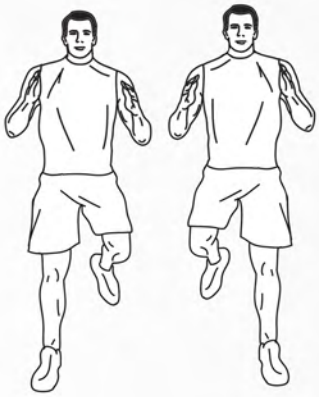
Day 10 | Agility

Level I 3 sets
Level II 4 sets
Level III 5 sets

2 minutes rest between sets



10 hops on the spot



10 side-to-side hops

10 single leg hops (right leg)

10 single leg hops (left leg)

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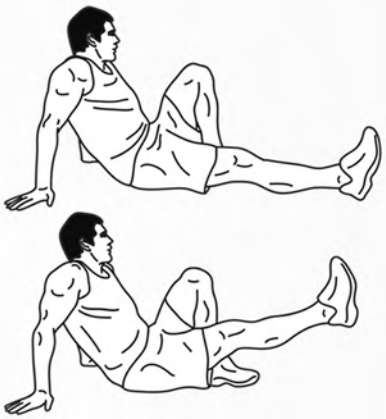
Day 11
Tendon Strength

No sets, no rest.
Change legs and repeat the entire sequence.

20-count hold



20 leg raises

20-count hold

20 circles

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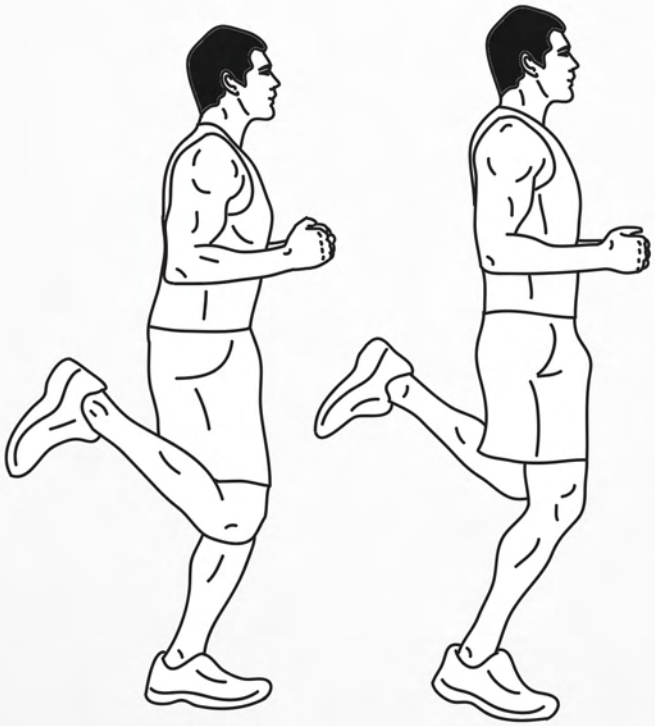
Day 12 | Challenge

200 butt kicks

reps throughout the day

complete a total of 200 butt kicks by the end of the day



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