

12 Days of Fitmas

Day 1

* Do a walkabout
For every hour you are awake,
walk for 1 minute

Day 2

1 to 5 minute walkabout
10 Arm Circles
10 Side Reaches
10 Chest Opener & Row
Toe/Knee/Thigh Touches
10 Knee Ups
10 Butt Kicks
Toe Scoops

Day 3

1 to 5 minute walkabout
Up to 20 Chair Squats
10 Arm Circles
10 Side Reaches
10 Chest Opener & Row
Toe/Knee/Thigh Touches
10 Knee Ups
10 Butt Kicks
Toe Scoops

Day 4

1 to 5 minute walkabout
Up to 20 Wall Pushups
10 Arm Circles
10 Side Reaches
10 Chest Opener & Row
Toe/Knee/Thigh Touches
10 Knee Ups
10 Butt Kicks
Toe Scoops

Day 5

1 to 5 minute walkabout
Up to 20 Calf Raises
10 Arm Circles
10 Side Reaches
10 Chest Opener & Row
Toe/Knee/Thigh Touches
10 Knee Ups
10 Butt Kicks
Toe Scoops

Day 6

1 to 5 minute walkabout
Up to 20 Rows
10 Arm Circles
10 Side Reaches
10 Chest Opener & Row
Toe/Knee/Thigh Touches
10 Knee Ups
10 Butt Kicks
Toe Scoops

Day 7

Do a walkabout
For every hour you are awake,
walk for 1 minute

Day 8

1 to 5 minute walkabout
10 Arm Circles
10 Side Reaches
10 Chest Opener & Row
Toe/Knee/Thigh Touches
10 Knee Ups
10 Butt Kicks
Toe Scoops

Day 9

1 to 5 minute walkabout
Up to 20 Chair Squats
10 Arm Circles
10 Side Reaches
10 Chest Opener & Row
Toe/Knee/Thigh Touches
10 Knee Ups
10 Butt Kicks
Toe Scoops

Day 10

1 to 5 minute walkabout
Up to 20 Wall Pushups
10 Arm Circles
10 Side Reaches
10 Chest Opener & Row
Toe/Knee/Thigh Touches
10 Knee Ups
10 Butt Kicks
Toe Scoops

Day 11

1 to 5 minute walkabout
Up to 20 Calf Raises
10 Arm Circles
10 Side Reaches
10 Chest Opener & Row
Toe/Knee/Thigh Touches
10 Knee Ups
10 Butt Kicks
Toe Scoops

Day 12

1 to 5 minute walkabout
Up to 20 Rows
10 Arm Circles
10 Side Reaches
10 Chest Opener & Row
Toe/Knee/Thigh Touches
10 Knee Ups
10 Butt Kicks
Toe Scoops

Merry Christmas
from Fitness Powers