

SANTA'S WORKOUT

PERFORM THIS WORKOUT TO THE SONG
"12 DAYS OF CHRISTMAS!"

On the first day of Christmas my true love gave to me...

A Burpee and a Star Jump

2 Plank Jacks

3 Mt. Climbers

4 Squat Jumps

5 Jumping Jacks

6 Reverse Lunges

7 Push Ups

8 Squat Shoulder Press

9 Tricep Kickbacks

10 Wall-Sit Bicep Curls

11 Glute Bridges

12 Bicycle Abs

This workout is referenced in our
12 Days of Fitmas Challenge as
day 12's task.

