



12 Days of Christmas Fitness Challenge

December 2nd - December 17th

Grab your co-workers and complete the *12 Days of Christmas Fitness Challenge* for your chance to earn a prize!

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|------------------------------------|---------------------------------|
| 1 Minute of Jumping Jacks | 7 Pushups |
| 2 Sets of 30-sec. Wall Sits | 8 Squats |
| 3 Sets of 15-sec. Crunches | 9 Burpees |
| 4 Supermans | 10 Second plank (3 sets) |
| 5 Frog Jumps | 11 Lunges (each side) |
| 6 Bird Dogs (each side) | 12 Minute Walk |

No equipment necessary. [Click here for pictures of each exercise.](#)

Just like the famous song, this workout will put you in the holiday spirit!
For each day of the challenge, complete the exercise listed, plus the exercises for the days prior.

Example - On the 1st day of the challenge, do 1 minute of jumping jacks. On the 2nd day of the challenge, do 2 sets of wall sits and 1 minute of jumping jacks, etc.

12 Days of Christmas Fitness Challenge

Name: _____ **Email:** _____

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		1	2	3	4	5
6	7	8	9	10	11	12
13	14	15	16	17	18	19
20	21	22	23	24	25	26
27	28	29	30	31		

**For each day of the challenge, complete the exercise listed, plus the exercises for the days prior.
Initial on the corresponding date to indicate a successful sweat session!**

Example - On the 1st day of the challenge, do 1 minute of jumping jacks.

*On the 2nd day of the challenge, do 2 sets of wall sits **and** 1 minute of jumping jacks, etc.*

Once completed, turn in to your wellness liaison for a chance to win a \$10 Publix gift card.