

12 Days of Fit-mas

Day 1: 1 Mile on a Stationary Bike

Day 2: 2 Minutes of walking/jogging on treadmill or track

Day 3: 3 sets of 10 Jumping Jacks

Day 4: 4 sets of 5 Squats

Day 5: 5 Burpees

Day 6: 6 Push-ups

Day 7: 7 Walking Lunges

Day 8: 8 Dumbbell Overhead Presses

Day 9: 9 Dumbbell Biceps Curls

Day 10: 10 Triceps Dips

Day 11: 11 Minutes of the Elliptical

Day 12: 12 Dumbbell Deadlifts



Unwrap the gift of fitness this December with our 12 Days of Fit-mas Challenge! Choose any 12 consecutive days in the month, and each day brings a new workout challenge to conquer. Here's the twist: as the days go on, you'll add the workouts from the previous days, building your endurance and holiday cheer. By Day 12, you will have a complete festive fitness routine! This fun and energizing challenge is perfect for all fitness levels and is a great way to stay active during the holiday season.