

CHRISTMAS FITNESS



Keep active over the festive period
with our Christmas Fitness.

Day 1 60-minute Walk/Run	Day 2 45-minute Bike Ride or Scooter	Day 3 30-minute Yoga - Check out our YouTube channel	Day 4 30-minute Walk/Run	Day 5 15 Minutes Skipping 20 Burpees
Day 6 50 Step Ups 40 Air Punches 30 Second Plank 30 High Knees	Day 7 45-minute Walk/Run	Day 8 50 Squat 50 Lunges 50 Ab Crunch 100 Step Ups	Day 9 30 Arm Circles 45 Star Jumps 1 min Wall Sit 40 Heel Flicks	Day 10 25 Leg Raises 15 Burpees 35 Star Jumps 30 Lunges 15 Tuck Jumps
Day 11 30-minute Walk/Run	Day 12 30-minute Mindfulness Check out our online resources	Day 13 30-minute Morning Stretches	Day 14 20 Shuttle Runs 30 Sit Ups 15 Leg Raises 25 Squat Jumps	Day 15 30 Squats 30 Second Plank 30 Sit Ups 2 minute jog
Day 16 45-minute Bike Ride or Scooter	Day 17 20 Leg Raises 30 Star Jumps 15 Burpees 30 V-Sits 50 High Knees	Day 18 40 Shuttle Runs 45 Sit Ups 25 Leg Raises 35 Squat Jumps	Day 19 70 Squats 65 Lunges 60 Ab Crunch 150 Sit Ups	Day 20 45-minute Bike Ride or Scooter
Day 21 30 Tuck Jumps 60 High Knees 60 Heel Flicks 40 Side Bounce	Day 22 60-minute Walk/Run	Day 23 15 Minutes Skipping 20 Burpees	Day 24 30-minute Yoga - Check out our YouTube channel	