



FITMAS CHALLENGE

ADVENT CALENDAR DECEMBER 2023

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
					3 sets 30 sec. wall sit 30 sec. side plank each side 1	Decent Saturday Workout @ 830am or 1 mile walk 2
3 sets 20 air squats 10 push ups 3	3 sets 20 jumping jacks 10 supermans 4	3 sets 20 jump squats 45 sec. forearm plank 5	3 sets 20 walking lunges 20 mtn. climbers 6	3 sets 20 high knees 10 burpees 7	3 sets 20 bench dips 20 russian twists 8	Decent Day for Strength @ 830am or 2 mile walk 9
Walk 30 min 10	3 sets 20 flutter kicks 15 hanging knee raises 11	3 sets 20 glute bridge thrusts 10 side lunges each leg 12	3 sets 20 DLR 20 bicycle crunches 13	3 sets 20 alt. lunges 10 (180) jump squats 14	3 sets 20 plank shoulder taps 30 jump ropes 15	Walk 30 min 16
Walk 30 min 17	Partner-Up 200 air squats 18	Partner-Up 100 burpees 19	Partner-Up 50 pull ups 20	Group: walking lunges 21	Group: simon says 22	Walk 30 min 23
Walk 30 min 24	4 rounds 10 burpees 15 DLR 30 forearm plank finisher: 30 min walk 25					

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