



12 DAYS OF CHRISTMAS

Bootcamp Challenge!

December 1st - 12th

- Day 1 1 set of 100 jumping jacks
- Day 2 2 x 1 min plank sets ((10 sec hold/ 3-5 sec rest) x 6))
- Day 3 3 sets of 15x alternating reverse lunges
- Day 4 4 sets of 30 seconds of 180 squat jumps
- Day 5 5 Burpees
- Day 6 6 sets of 10x glute bridges
- Day 7 7 perfect pushups
- Day 8 8 x (20 sec high knees/ 10 sec rest)
- Day 9 9 DEEP squats (9 sec: 4 seconds down, pause for 1 sec, 4 secs to return up!)
- Day 10 10 Triceps Dips with alternating single leg kicks
- Day 11 11 Inchworm Walkouts + Tuck Jump
- Day 12 12 mountain climbers (slow motion): 1-right, 1-left = 1 REP!

So the first day you only do 'Day 1', the second day you complete 'Day 1' + 'Day 2' and so on!

WHO'S READY TO HAVE AN AMAZING 12 DAYS!?

