



12 DAYS OF CHRISTMAS CHALLENGE

Name: _____

Email: _____

Phone: _____



DAY	BASIC CHALLENGES <i>*modify as needed*</i>	ADVANCED CHALLENGES	COMPLETED ✓
1.	2 MIN WALL SIT	2 MIN WEIGHTED WALL SIT	
2.	50 SQUATS	100 SQUATS	
3.	60 LUNGES (30 each leg)	100 LUNGES (50 each leg)	
4.	20 PUSH-UPS	50 PUSH-UPS	
5.	750 STEPS ON STAIRMASTER	1,500 STEPS ON STAIRMASTER	
6.	50 CRUNCHES	100 CRUNCHES	
7.	50 CALF RAISES	100 WEIGHTED CALF RAISES	
8.	1 MILE WALK/JOG	2 MILE WALK/JOG	
9.	20 BURPEES	40 BURPEES	
10.	TAKE AN EXERCISE CLASS	TAKE A <u>NEW</u> EXERCISE CLASS	
11.	ROW 1,000 METERS	ROW 2,500 METERS	
12.	2 MIN PLANK	4 MIN PLANK	

CHALLENGE STARTS DECEMBER 10TH! ALL EXERCISES MUST BE COMPLETED BY DECEMBER 24TH.