

MUSIC FROM YOUTUBE

On the seventh day of Christmas
My true love gave to me.



Seven swans a-swimming

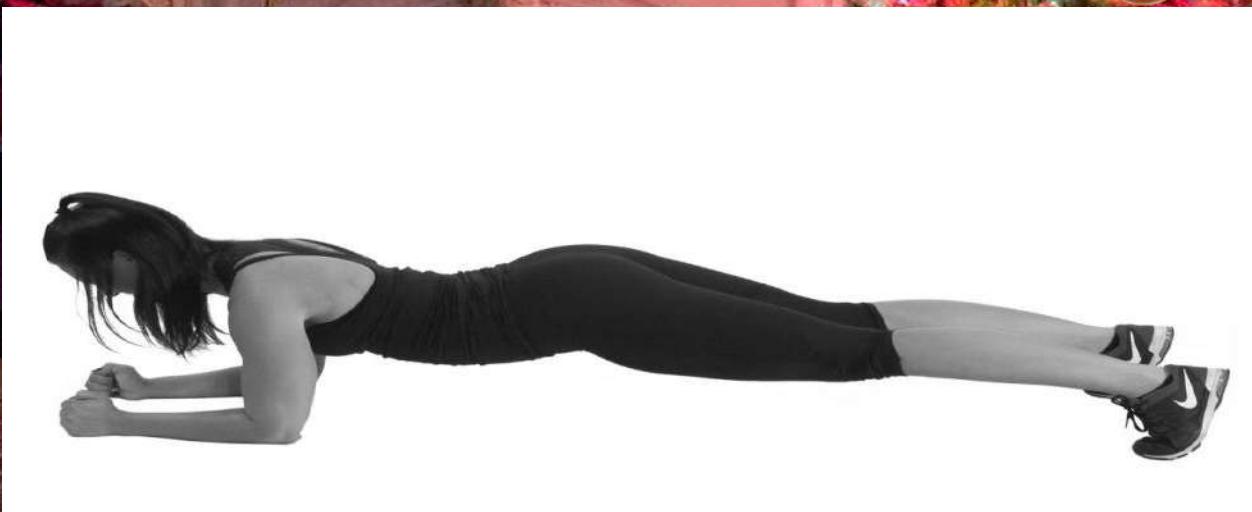
MUSICAL GIFTSET



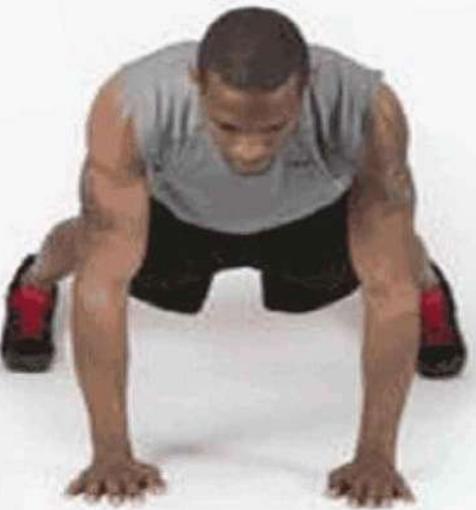
TUTORIAL FOR
THE
PRESENTATION



**ON THE FIRST DAY OF FITNESS
I DID THIS FOR PE.....
A HOLLY HOVER**



**ON THE SECOND DAY OF FITNESS
I DID THIS FOR PE.....**



TAPPED TO eat



AND A HOLLY HOVER



**ON THE THIRD DAY OF FITNESS
I DID THIS FOR PE.....**



MISTLETOE CLIMBERS



TAPPED TO eat



AND A HOLLY HOVER



on THE FOURTH DAY OF FITNESS
I DID THIS FOR PE.....



PRAnceR PUSH-UPS



MISTLETOE CLIMBERS



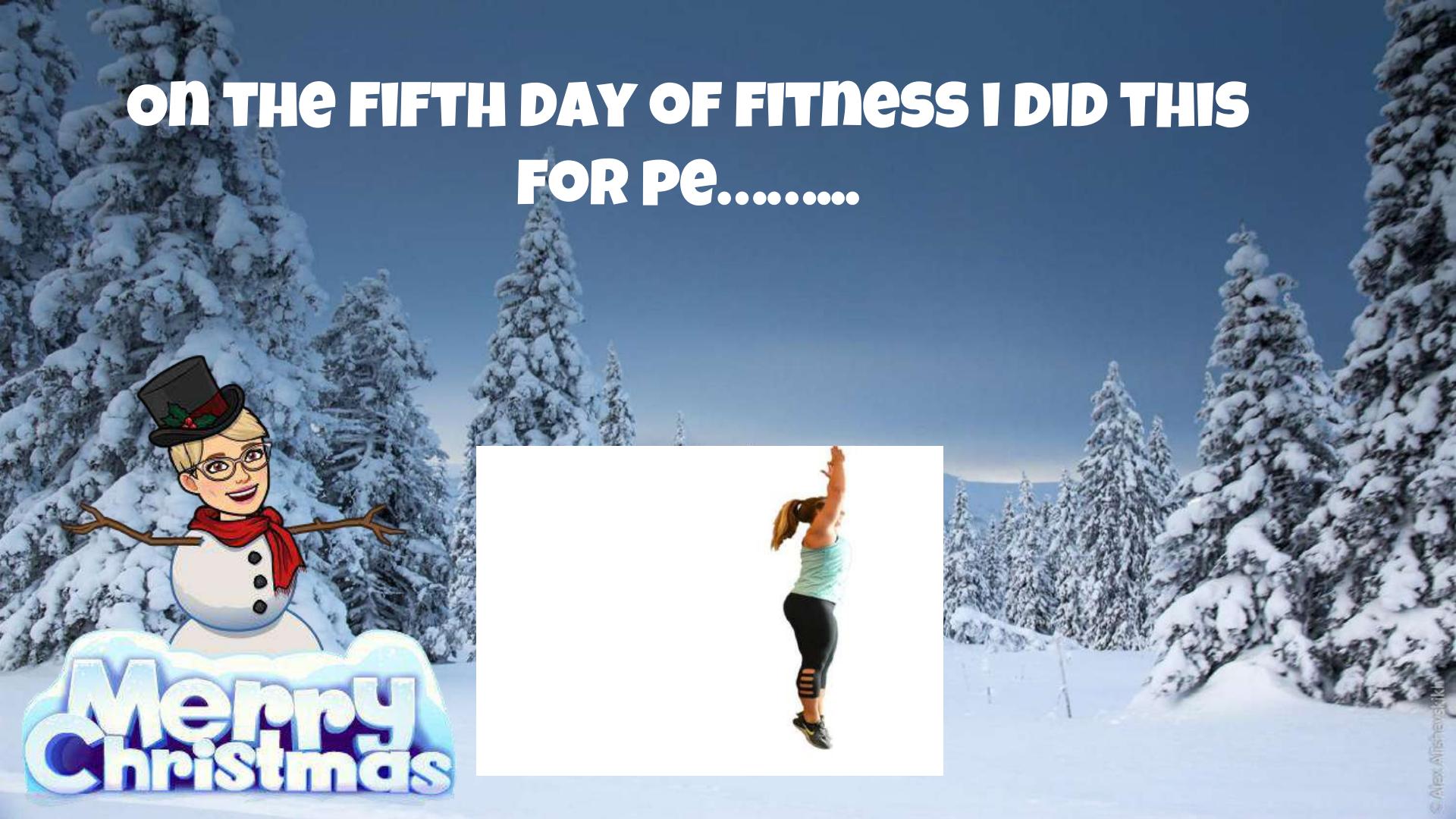
TAPPED TO eat



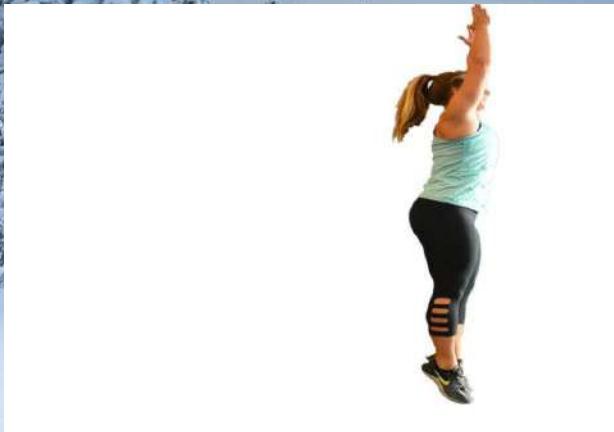
AND A HOLLY HOVER



ON THE FIFTH DAY OF FITNESS I DID THIS
FOR PE.....



BLITzen BURPEes



PRAnceR PUSH-UPS



MISTLETOE CLIMBERS



TAPPED TO eat



AND A HOLLY HOVER



**ON THE SIXTH DAY OF FITNESS
I DID THIS FOR PE.....**



JOLLY JACK SQUATS



BLITzen BURPEes



PRAnceR PUSH-UPS



MISTLETOE CLIMBERS



TAPPED TO eat



AND A HOLLY HOVER



**ON THE SEVENTH DAY OF
FITNESS
I DID THIS FOR PE.....**



INCHED TO THE TREE



JOLLY JACK SQUATS



BLITzen BURPees



Merry
Christmas



PRAnceR PUSH-UPS



MISTLETOE CLIMBERS



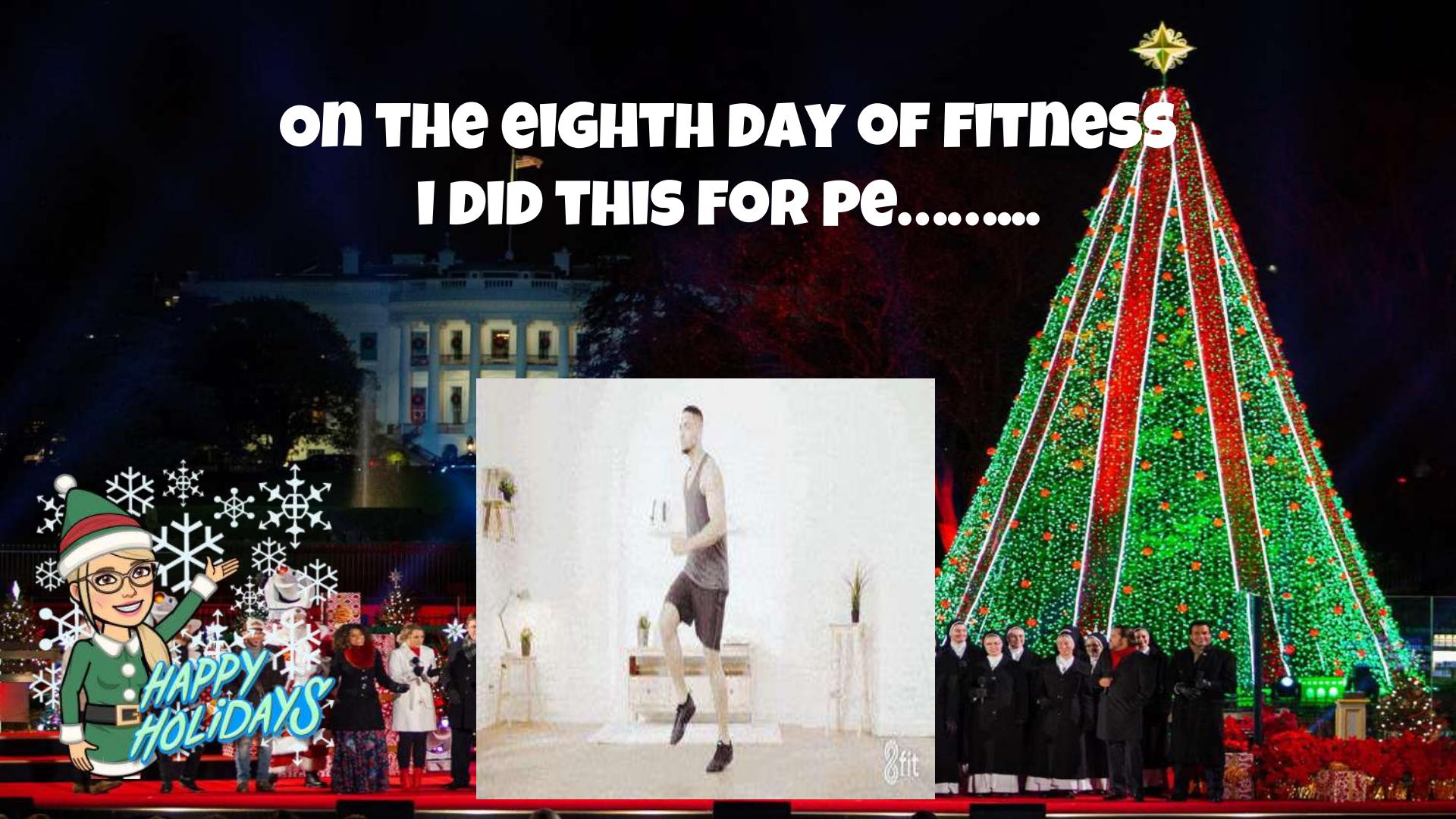
TAPPED TO eat



AND A HOLLY HOVER



ON THE EIGHTH DAY OF FITNESS I DID THIS FOR PE.....



nORTH POLE HIGH knees



INCHED TO THE TREE



JOLLY JACK SQUATS



BLITzen BURPEes



PRAnceR PUSH-UPS



MISTLETOE CLIMBERS



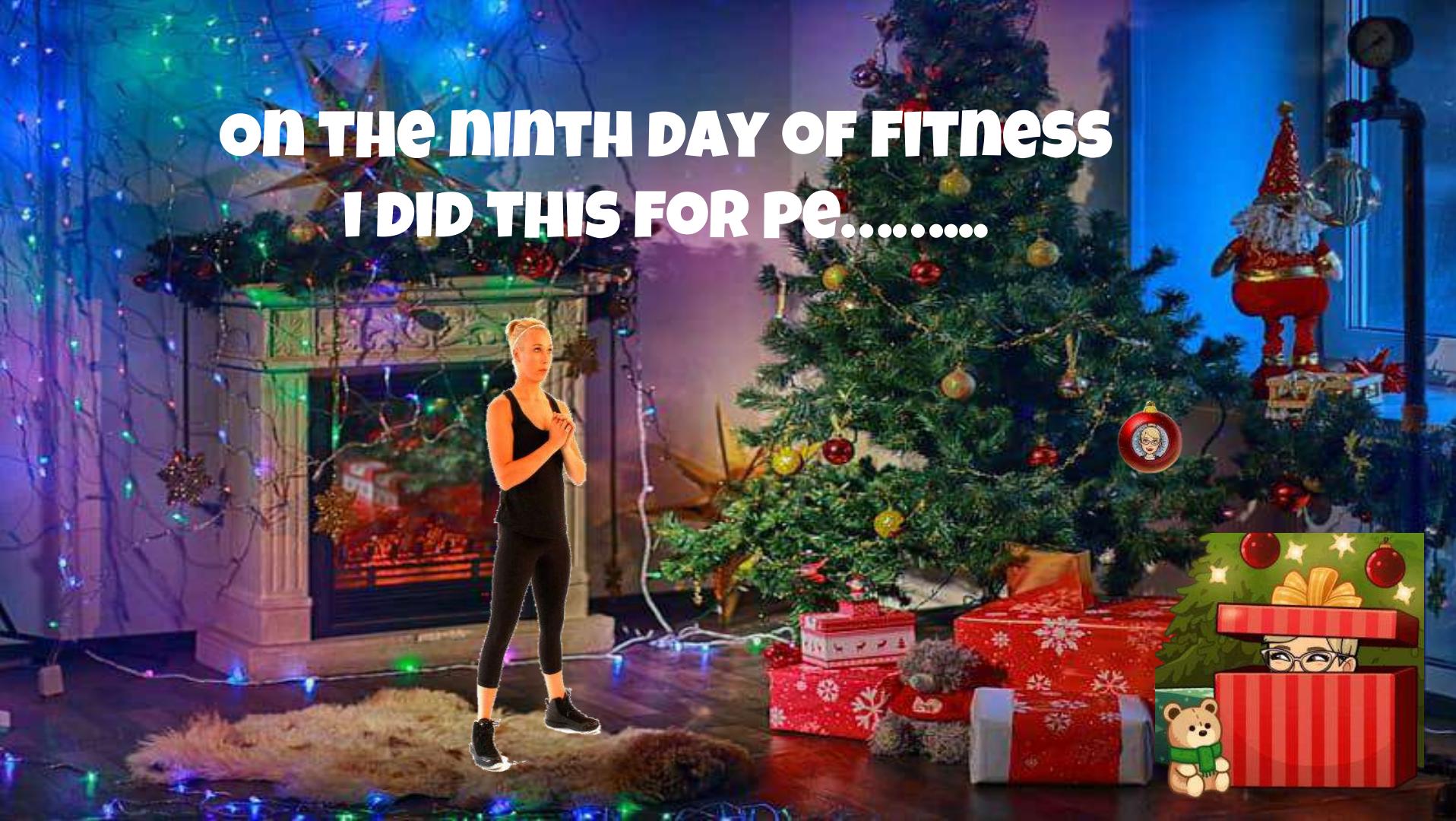
TAPPED TO eat



AND A HOLLY HOVER



**ON THE NINTH DAY OF FITNESS
I DID THIS FOR PE.....**



SQUAT TO MY PRESENTS



nORTH POLe HIGH knees



INCHED TO THE TREE



JOLLY JACK SQUATS



BLITzen BURPEes



PRAnceR PUSH-UPS



MISTLETOE CLIMBERS



TAPPED TO eat



AND A HOLLY HOVER



**ON THE TENTH DAY OF FITNESS
I DID THIS FOR PE.....**



HANUKKAH SIDE HOPS



SQUAT TO MY PRESENTS



nORTH POLE HIGH knees



INCHED TO THE TREE



JOLLY JACK SQUATS



BLITzen BURPEes



PRAnceR PUSH-UPS



MISTLETOE CLIMBERS



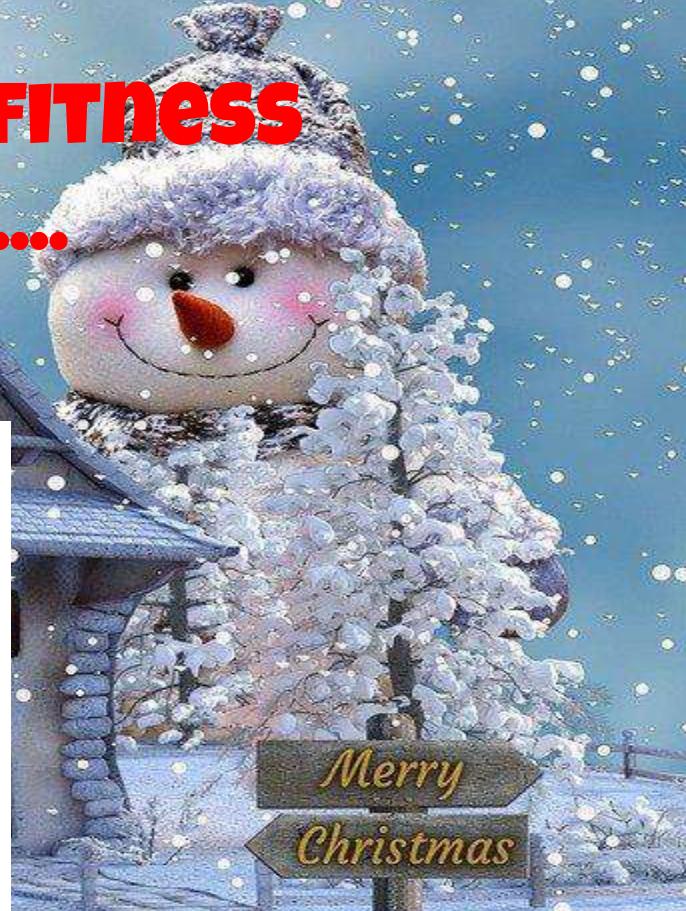
TAPPED TO eat



AND A HOLLY HOVER



**on THE ELEVENTH DAY OF FITNESS
I DID THIS FOR PE.....**



RUN TO SEE RUDOLPH



HANUKKAH SIDE HOPS



SQUAT TO MY PRESENTS



nORTH POLe HIGH knees



INCHED TO THE TREE



JOLLY JACK SQUATS



BLITzen BURPEes



PRAnceR PUSH-UPS



MISTLETOE CLIMBERS



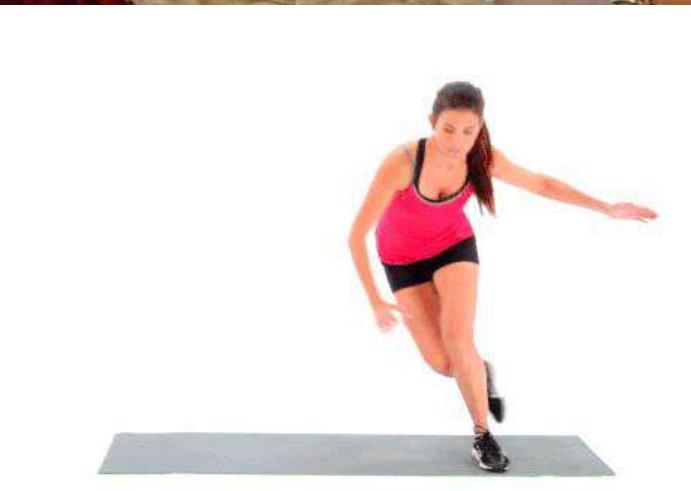
TAPPED TO eat



AND A HOLLY HOVER



on the twelfth day of fitness
I DID THIS FOR PE.....



SKIED TO SEE SANTA



RUN TO SEE RUDOLPH



HANUKKAH SIDE HOPS



SQUAT TO MY PRESENTS





nORTH POLe HIGH knees



INCHED TO THE TREE



JOLLY JACK SQUATS



BLITzen BURPEes



PRAnceR PUSH-UPS



MISTLETOE CLIMBERS



TAPPED TO eat



AND A HOLLY HOVER

