

**FIRST PART DO EACH
EXERCISE FOR THE DATE
ADD ON FROM PREVIOUS
DAYS. THEN DO IT TO THE
SONG ON THE 12 DAY**

**INSTRUCTIONS
FOR 12 DAYS OF
FITNESS CLICK
FIRST BOX TO
RETURN HOME**



CLICK ON TODAY'S DATE

1



2



3



4



5



6



7



8



9



10

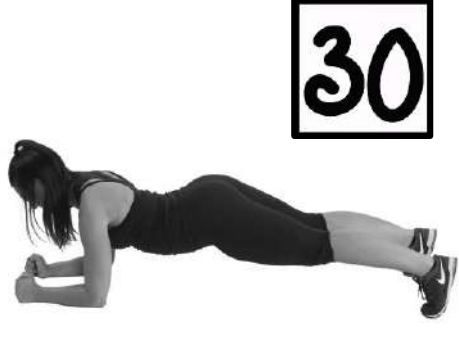


11



12









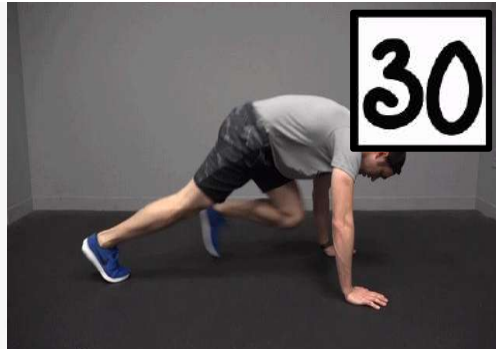




30



30



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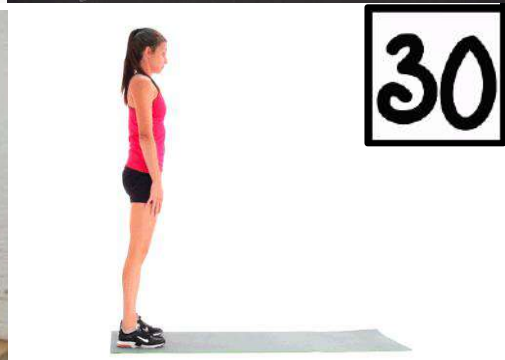


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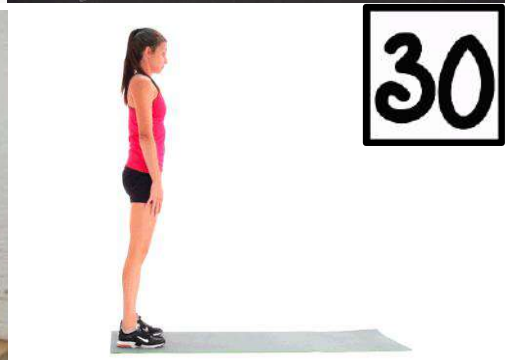


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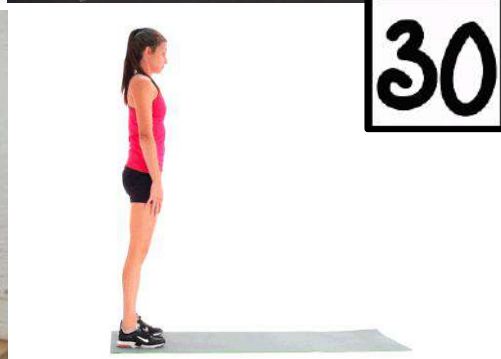


30





30





30





30



30



**MUSIC FROM
YOUTUBE NO
WORDS**



**SONG WITH
WORDS**



MUSIC FROM
YOUTUBE



TUTORIAL FOR
THE
PRESENTATION



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



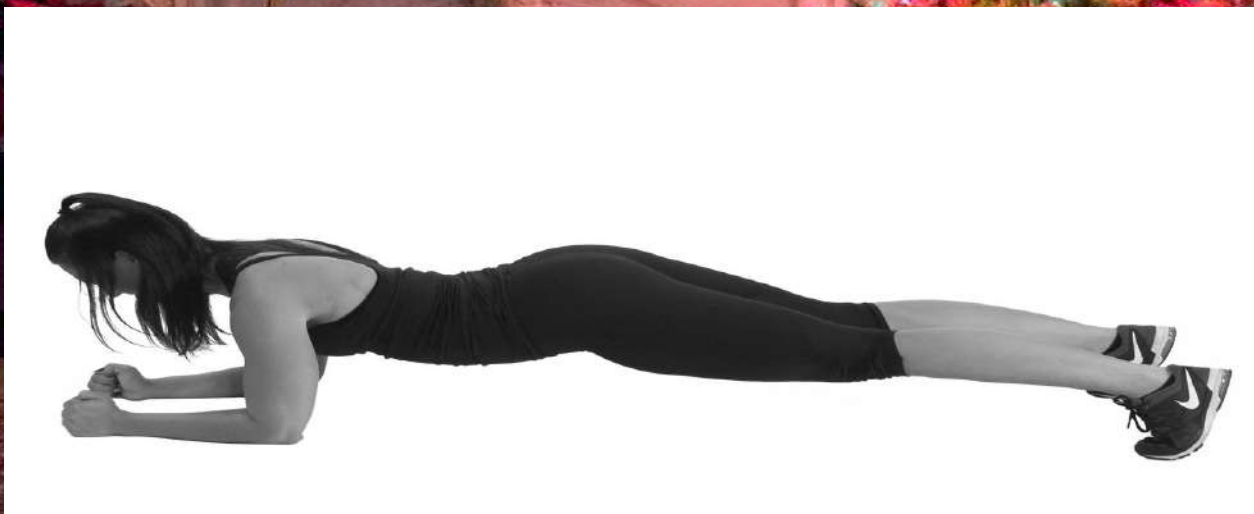
**on THE SECOND DAY OF FITNESS
I DID THIS FOR PE.....**



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



PRANCER PUSH-UPS



MISTLETOE CLIMBERS



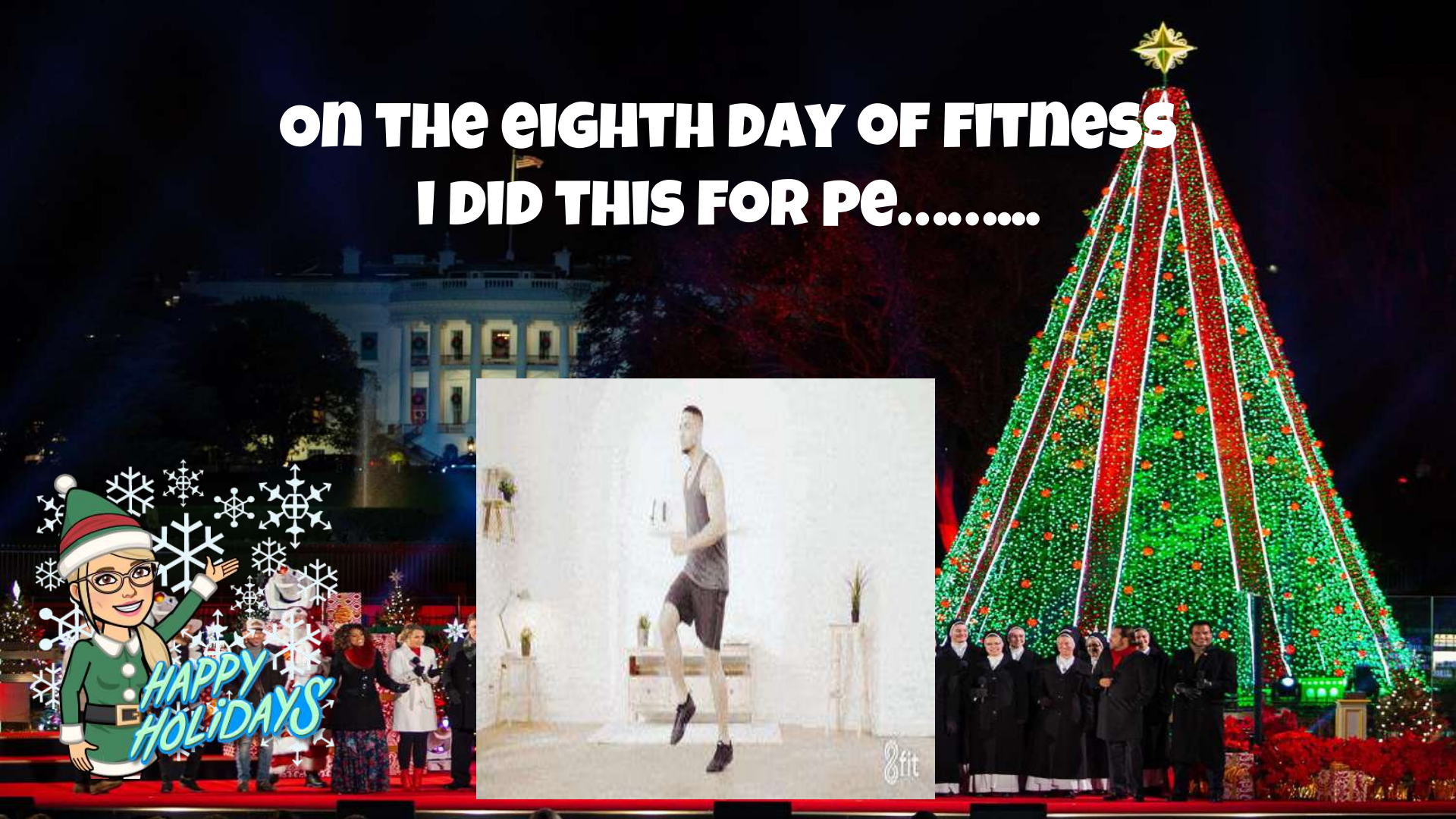
TAPPED TO EAT



**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.....**



**Happy
hanukkah**

HANUKKAH SIDE HOPS



Happy
hanukkah

SQUAT TO MY PRESENTS



NORTH POLE HIGH Knees



INCHED TO THE TREE



JOLLY JACK SQUATS



BLITZEN BURPEES



PRANCER PUSH-UPS



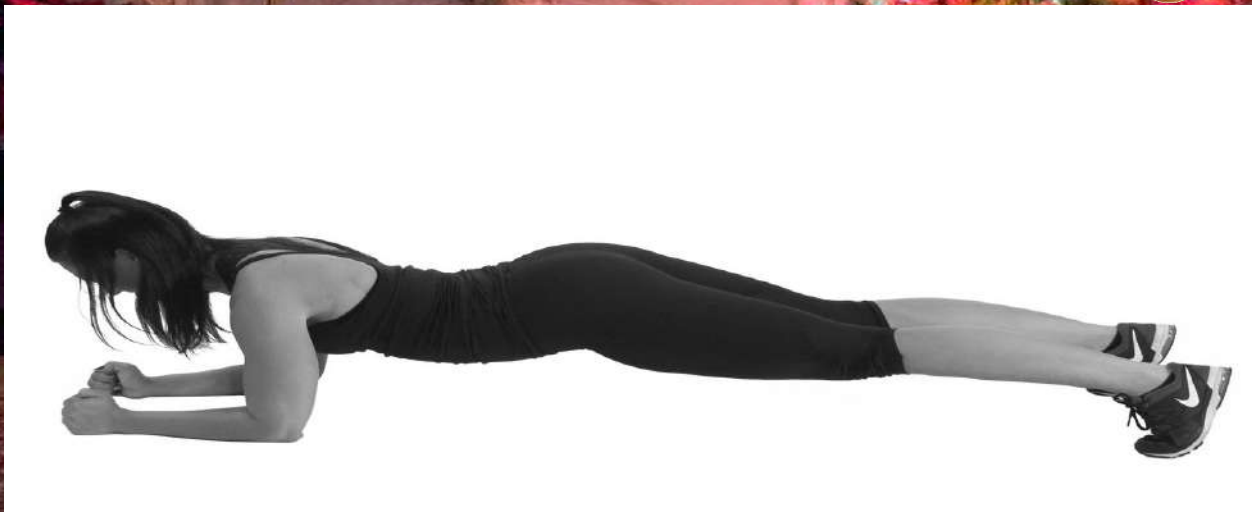
MISTLETOE CLIMBERS



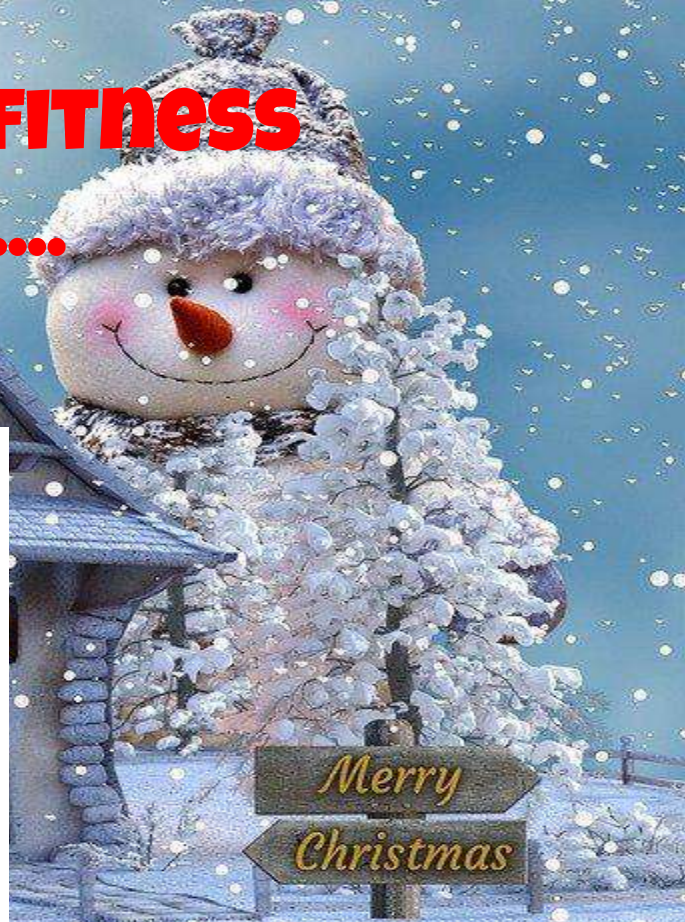
TAPPED TO EAT



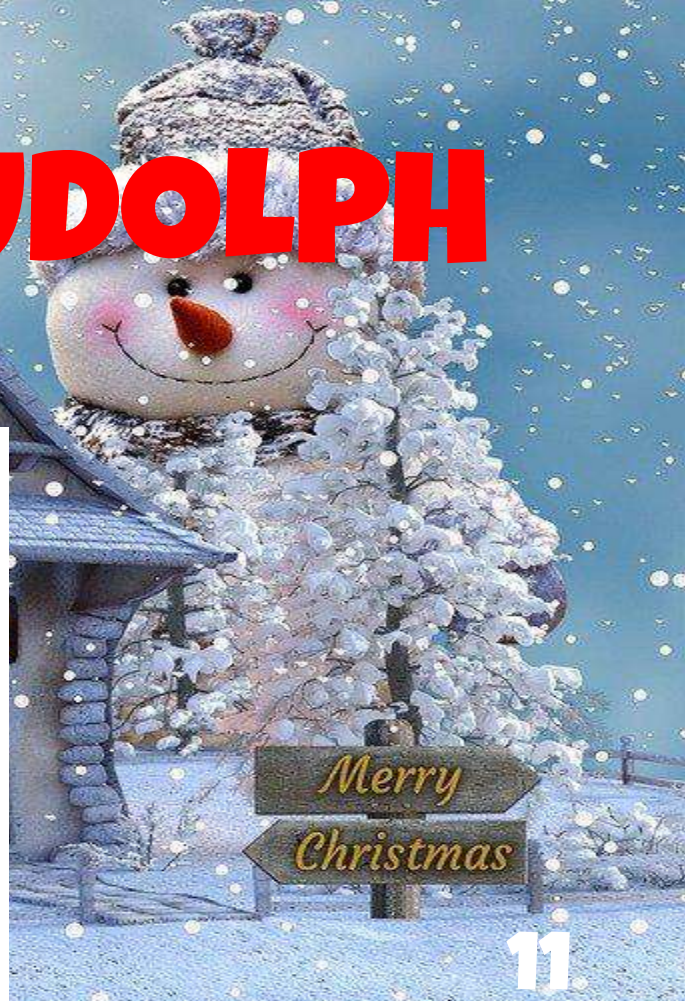
**AND A HOLLY
HOVER**



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



RUN TO SEE RUDOLPH



HANUKKAH SIDE HOPS



Happy
hanukkah

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



Happy
hanukkah

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**

