

DECEMBER FITNESS CHALLENGE

SUNDAY

30

MONDAY

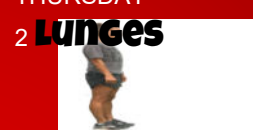
10

TUESDAY: do each exercise 2 sets of 30 seconds, with 10 seconds rest

WEDNESDAY



THURSDAY



FRIDAY



SATURDAY

