




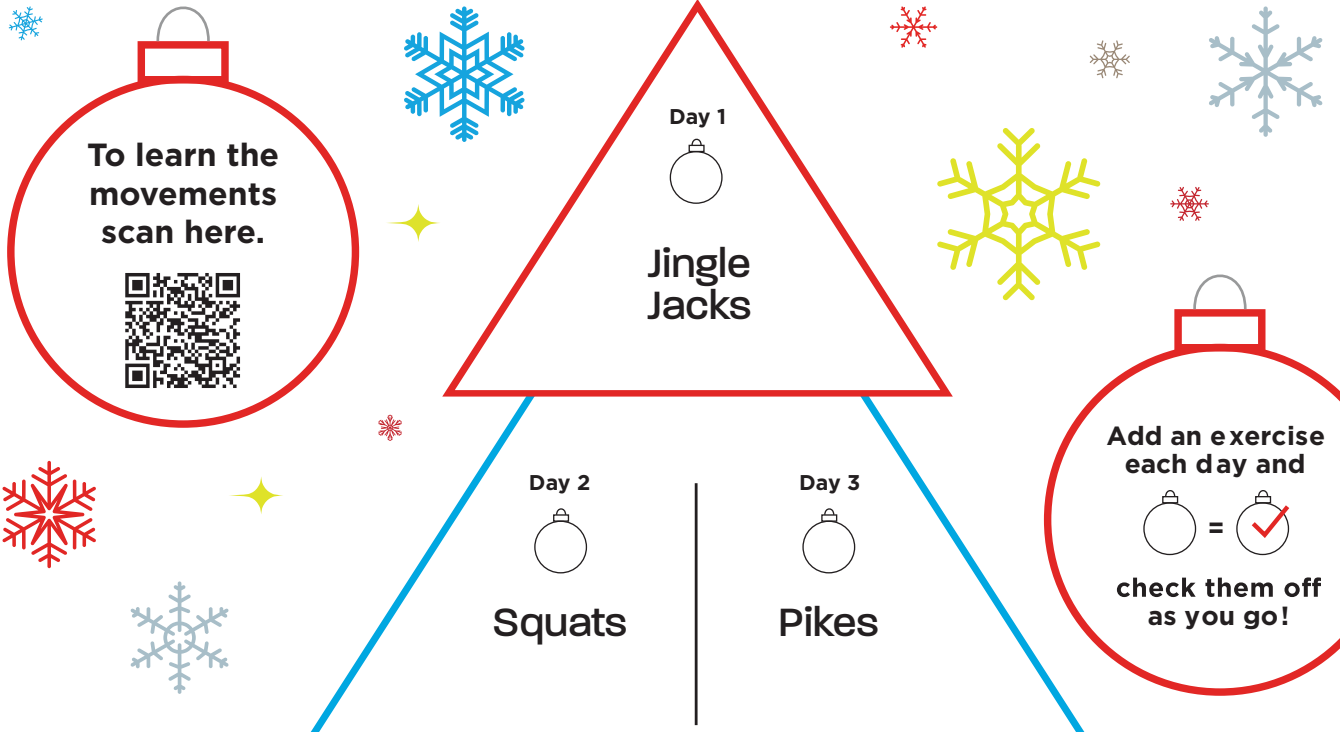
12 Days of Holiday Fun!




Try these daily movement challenges leading up to your holiday celebration.
Complete 25 repetitions of each exercise building on as you go!

To learn the movements scan here.







Day 1


Jingle Jacks



Day 2


Squats

Day 3



Pikes

Add an exercise each day and


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check them off as you go!


Day 4


Snow Tube Touch


Day 5


Mountain Climbers


Day 6


Plank Twists


Day 7


Ski Jumps


Day 8


Sit Ups


Day 9


Snow Surfers


Day 10


High Knees

Day 11


Lunges

Day 12


Shoulder Taps



JOIN THE CLUB

or submit your challenge for the chance to win prizes!

