

▶▶▶ 12 DAYS OF HOLIDAY FUN! ▶▶▶

To learn the movements, scan here.



Add an exercise each day and



check them off as you go!

DAY 1 JINGLE JACKS <input type="checkbox"/>				
DAY 2 SQUATS <input type="checkbox"/>		DAY 3 PLANK TWISTS <input type="checkbox"/>		
DAY 4 SNOW TUBE TOUCH <input type="checkbox"/>	DAY 5 MOUNTAIN CLIMBERS <input type="checkbox"/>	DAY 6 PIKES <input type="checkbox"/>	DAY 7 SKI JUMPS <input type="checkbox"/>	
DAY 8 SIT UPS <input type="checkbox"/>	DAY 9 SNOW SURFERS <input type="checkbox"/>	DAY 10 HIGH KNEES <input type="checkbox"/>	DAY 11 LUNGES <input type="checkbox"/>	DAY 12 SHOULDER TAPS <input type="checkbox"/>

RETURN TO YOUR HY-VEE CUSTOMER SERVICE FOR A PRIZE!