

12 DAYS OF CHRISTMAS



1

1 30 sec. plank

2

2 pull ups
1 30 sec. plank

3

3 20 sec. wall sits
2 pull ups
1 30 sec. plank

4

4 burpees
3 20 sec. wall sits
2 pull ups
1 30 sec. plank

5

5 push-ups
4 burpees
3 20 sec. wall sits
2 pull ups
1 30 sec. plank

6

6 triceps dips
5 push-ups
4 burpees
3 20 sec. wall sits
2 pull ups
1 30 sec. plank

7

7 hip bridges
6 triceps dips
5 push-ups
4 burpees
3 20 sec. wall sits
2 pull ups
1 30 sec. plank

8

8 squats
7 hip bridges
6 triceps dips
5 push-ups
4 burpees
3 20 sec. wall sits
2 pull ups
1 30 sec. plank

9

9 shoulder presses
8 squats
7 hip bridges
6 triceps dips
5 push-ups
4 burpees
3 20 sec. wall sits
2 pull ups
1 30 sec. plank

10

10 reverse lunges
9 shoulder presses
8 squats
7 hip bridges
6 triceps dips
5 push-ups
4 burpees
3 20 sec. wall sits
2 pull ups
1 30 sec. plank

11

11 Russian twist
10 reverse lunges
9 shoulder presses
8 squats
7 hip bridges
6 triceps dips
5 push-ups
4 burpees
3 20 sec. wall sits
2 pull ups
1 30 sec. plank

12

12 bent-over rows
11 Russian twist
10 reverse lunges
9 shoulder presses
8 squats
7 hip bridges
6 triceps dips
5 push-ups
4 burpees
3 20 sec. wall sits
2 pull ups
1 30 sec. plank

RULES OF CHRISTMAS:

1. Sign-up at the front desk by December 1st
2. Minimum donation \$1 for every dollar donated will go to the Salvation Army Coat Drive
3. Complete daily exercises and take a picture of your time
4. Show your time to the front desk and each day your copy of this calendar initialed by YMCA staff
5. With 100 % completion your name will go into a drawing for a FREE 1 month free membership.
6. **Deadline to turn in calendars by Sunday December 13th at 5pm.**
7. **Winner of the 1 month drawing will be announced on Monday December 14th**