



25 DAYS OF FITNESS DECEMBER 2020

SPORTS AND FITNESS CALENDAR

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
STRETCH	UPPER BODY	LOWER BODY	CORE	TOTAL BODY	AMRAP	CARDIO
	COMPLETE EACH EXERCISE FOR A MINUTE; 5 TOTAL SETS	COMPLETE EACH EXERCISE FOR A MINUTE; 5 TOTAL SETS	DO AS MANY REPS AS YOU CAN OF EACH EXERCISE	COMPLETE EACH EXERCISE FOR A MINUTE; 5 TOTAL SETS	DO EACH EXERCISE FOR AS MANY REPS AS POSSIBLE	POWER WALK, RUN, BIKE, JUMPING JACKS, JUMP ROPE
	USE HOUSEHOLD OBJECTS FOR CURLS, RAISES, AND EXTENSIONS	1 - SQUATS - 1 LEGGED DEADLIFTS - LUNGES	2 - AB CRUNCH - REVERSE CRUNCH - OBLIQUE SIDE TOUCHES - V-UP	3 - BURPEES - AIR SWIMMING - PLANK JUMP IN AND OUT	4 PUSH UPS	5 10 MINS OF CARDIO
6 STRETCH AND EAT FOODS HIGH IN PROTEIN TO AID IN MUSCLE RECOVERY	7 - PUSH UPS - DIPS - BICEP CURLS - LATERAL RAISES	8 - BULGARIAN SPLIT SQUAT - REVERSE LUNGES - CALF RAISES	9 - TOE TOUCHES - STRAIGHT LEG RAISES - RUSSIAN TWIST - 1 MINUTE PLANK HOLD	10 - SUPERMAN PUNCHES - BEAR CRAWLS - CRAB WALKS	11 SIT UPS	12 20 MINS OF CARDIO
13 HALFWAY THERE!	14 - WIDE PUSH UPS - TOWEL PRESS - TOWEL FIGURE 8s - TRICEP EXTENSIONS	15 - SQUATS - 1 LEGGED DEADLIFTS - LUNGES	16 - REACH THROUGH CRUNCH - SCISSOR KICKS - BICYCLE CRUNCH - MOUNTAIN CLIMBERS	17 - BURPEES - AIR SWIMMING - PLANK JUMP IN AND OUT	18 BURPEES	19 30 MINS OF CARDIO
20 FINAL WEEK!	21 - DIAMOND PUSH UPS - FORWARD ARM RAISES - 5 SECOND SHRUG HOLDS	22 - BULGARIAN SPLIT SQUAT - REVERSE LUNGES - CALF RAISES	23 - SIT UPS - SIDE CRUNCHES BOTH SIDES - SIDE PLANKS BOTH SIDES	24 - SUPERMAN PUNCHES - BEAR CRAWLS - CRAB WALKS	25 MERRY CHRISTMAS! SQUATS	26 DO YESTERDAY'S CHALLENGE IF YOU DIDN'T ALREADY!