



25 DAYS OF FITNESS DECEMBER 2021

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	<ul style="list-style-type: none"> - SQUATS - 1 LEGGED DEADLIFTS - LUNGES 	<ul style="list-style-type: none"> - AB CRUNCH - REVERSE CRUNCH - OBLIQUE SIDE TOUCHES - V-UP 	<ul style="list-style-type: none"> - BURPEES - AIR SWIMMING - PLANK JUMP IN AND OUT 	PUSH UPS	10 MINS OF CARDIO
STRETCH AND EAT FOODS HIGH IN PROTEIN TO AID IN MUSCLE RECOVERY	<ul style="list-style-type: none"> - PUSH UPS - DIPS - BICEP CURLS - LATERAL RAISES 	BULGARIAN SPLIT SQUAT <ul style="list-style-type: none"> - REVERSE LUNGES - CALF RAISES 	<ul style="list-style-type: none"> - TOE TOUCHES - STRAIGHT LEG RAISES - RUSSIAN TWIST - 1 MINUTE PLANK HOLD 	<ul style="list-style-type: none"> - SUPERMAN PUNCHES - BEAR CRAWLS - CRAB WALKS 	SIT UPS	20 MINS OF CARDIO
HALFWAY THERE!	<ul style="list-style-type: none"> - WIDE PUSH UPS - TOWEL PRESS - TOWEL FIGURE 8s - TRICEP EXTENSIONS 	<ul style="list-style-type: none"> - SQUATS - 1 LEGGED DEADLIFTS - LUNGES 	<ul style="list-style-type: none"> - REACH THROUGH CRUNCH - SCISSOR KICKS - BICYCLE CRUNCH - MOUNTAIN CLIMBERS 	<ul style="list-style-type: none"> - BURPEES - AIR SWIMMING - PLANK JUMP IN AND OUT 	BURPEES	30 MINS OF CARDIO
FINAL WEEK!	<ul style="list-style-type: none"> - DIAMOND PUSH UPS - FORWARD ARM RAISES - 5 SECOND SHRUG HOLDS 	<ul style="list-style-type: none"> - BULGARIAN SPLIT SQUAT - REVERSE LUNGES - CALF RAISES 	<ul style="list-style-type: none"> - SIT UPS - SIDE CRUNCHES BOTH SIDES - SIDE PLANKS BOTH SIDES 	<ul style="list-style-type: none"> - SUPERMAN PUNCHES - BEAR CRAWLS - CRAB WALKS 	SQUATS	Merry Christmas!