December Fitness Challenge

On the first day of fitness complete the exercise of the day, and color the box below. On the second day of fitness complete the exercise for day 2 and day 1, and color the boxes. Continue this for all 12 days, coloring in the boxes below as you go.

If you complete ALL of the 12 Days of Fitness Challenge, have your parents sign the bottom of the sheet and return completed sheet to Miss. Eisinger for a special prize!

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Day 1

Day 2

Day 3

Day 4

Day 5

Day 6

Day 7

Day 8

Day 9

Day 10

Day 11

Day 12

Student Name: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Student’s Teacher: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Parent Signature: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

December Fitness Challenge

Below are the exercises for each of the days of the challenge. Always do the day and all of the one before it!

Remember on day 12 you do all of them!

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| Day 1One Minute Plank Hold | Day 2 2 sets (30 sec) High Knees | Day 33 Side Lunges (each side) |
| Day 4 4 Push Ups | Day 5 5 Burpees | Day 66 Lunge Jumps |
| Day 7 7 Leg Lifts | Day 88 Mountain Climbers | Day 99 Jumping Jacks |
| Day 1010 Sitting Twists  | Day 1111 Squat Jumps | Day 1212 Windshield Wipers |