

Starts December 6, Finish by December 21



On the 1st Day of Fitness my trainer gave to me

1-Mile of running, walking or jogging OR 1-Around the World Farmer's Walk (Basement to top, around the track and back down to start w/ KB 40-50#)

On the 2nd Day of Fitness my trainer gave to me

2 Minute Wall Sit

Each day you add on the new activity to the previous days' activities

All those who complete the whole challenge get a SHIRT

You can make up days on the next day(s) but don't rush and skimp on quality!

1, 1+2, 1+2+3, 1+2+3+4 and so on...

On the 3rd Day of Fitness my trainer gave to me

3 Sets of Stairs (top to bottom)

On the 4th Day of Fitness my trainer gave to me

4 Pull-Up/Chin Up

On the 5th Day of Fitness my trainer gave to me

5 Squats (weighted)

On the 6th Day of Fitness my trainer gave to me

6 Push-Ups

On the 7th Day of Fitness my trainer gave to me

7 Double Presses

On the 8th Day of Fitness my trainer gave to me

8 Deadlifts

On the 9th Fitness my trainer gave to me

9 TRX Rows

On the 10th Day of Fitness my trainer gave to me

10 Shoulder Jacks

On the 11th Day of Fitness my trainer gave to me

11 Abdominal Ball Passes (hands to feet to hands...)

On the 12th Day of Fitness my trainer gave to me

12 Burpees!

