



12 Days of fitness with Santa

- 1. 20 Second Plank**
- 2. 15 Hip Lifts**
- 3. 20 Push Ups**
- 4. 15 Reverse Sit Ups**
- 5. 20 Mountain Climbers**
- 6. 15 Tricep Dips**
- 7. 20 leg Lifts**
- 8. 15 Crunches**
- 9. 20 Front Lunges**
- 10. 15 Supermans**
- 11. 20 Squats**
- 12. 15 Calf Raises**

Do this workout 12 day before Christmas to stay off of Santa's Naughty list this Christmas. Always drink lots of water and take time out for yourself.

Remember Santa's watching!

If you can't do the full amount of reps that's fine, it's proper form that matters. Make this workout part of your morning routine.

