

12 Days of Fitmas

The 12 suggested exercises are:

1. Jumping Jacks (total body)
2. Wall sit (lower body)
3. Push-up (upper body)
4. Abdominal crunch (core)
5. Step-up onto chair (total body)
6. Squat (lower body)
7. Tricep dips with chair (upper body)
8. Plank (core)
9. High knees (total body)
10. Lunges (lower body)
11. Push-up and rotation (upper body)
12. Side plank (core)

Please note:

Please consult your doctor before taking on any new exercise routine. If you are pregnant or living with an existing medical condition, please check with your doctor before doing this workout. [Full information about all of these exercises can be found by clicking here.](#)