



12 DAYS OF FITMAS

- **Jumping jacks (total body)**
- **Wall sit (lower body)**
- **Push-up (upper body)**
- **Abdominal crunch (core)**
- **Step-up onto chair (total body)**
- **Squat (lower body)**
- **Triceps dip on chair (upper body)**
- **Plank (core)**
- **High knees/run on spot (total body)**
- **Lunge (lower body)**
- **Push-up and rotation (upper body)**
- **Side plank (core)**

GOOD LUCK!

