

The Christmas fitness advent calendar

HOUSE Point per entry

Day 1- Winter ONEderland! (1minute of work): 30 seconds star jumps, 30 seconds sprint

Day 2- Christmas yule log!: 2 minute plank (dropping as fewer times as possible)

Day 3- The Christmas Tree- 10 Star jumps, 9 press ups, 8 jumping lunges, 7 Tricep dips, 6 squats, 5 step ups, 4 skaters, 3 sit ups, 2 full burpees, 1 minute plank

Day 4- The Turkey Stuffing: 4 press ups, 4 jumping jacks, 4 plank tucks, 4 Spidermans! (repeated 4 times)

Day 5- Do the Jive... sort of, it's just some dance aerobics!: 5 box steps, 5 grape vines, 5 can cans, 5 twists, 5 straight leg kicks (repeat)

Day 6- Burn baby burn!: 60 second wall sit

Day 7- Seven swans are swimming- 1 min front dish with breast stroke arms, 1 min back dish with backstroke arms -

Day 8- The Christmas Fate: Pick one of the following 5 moves to do for 1 minute: Running man, Mountain climbers, Burpees, Skaters or extended

plank

Day 9- Mistletoe and wine!: 9 Full burpees (jump and press up included)

Day 10- Three wise men: 10 step ups, 10 tricep dips, 10 star jumps

Day 11- Squat heaven!: 10 squats, 10 squat jumps, 10 squats, 10 squats jumps (rest, repeat)

Day 12- T'was the season of cardio: 1 minute spotty dogs, 1 minute high knee sprint, 1 minute explosive jacks/star jumps (take a 1 minute rest between each minute of work) -

Day 13- It's all in the lean: 1 minute side plank each side with arm stretched over the head

Day 14- It's a little bit mean...: 1 minute 30 seconds plank, 30 seconds mountain climbers, 1 minute high knee sprint (repeat)

Day 15- Lets ice skate!: 10 skaters.. whoops! You fell over (pretend!) 10 press ups whilst down Repeat 3 times (30 skaters, 30 press ups in total) –

Day 16- The Ski run: Mountain climbers for 1 minute (to climb the mountain), 10 ski jumps, 5 tuck jumps, 10 ski jumps