

THE 12 DAYS OF FITMAS CHALLENGE

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12 DRUMMERS DIAMOND JUMPING

11 PIPERS PUSHING UP

10 LORDS-A-LEAPING
PLYOMETRIC SKATING LUNGES, TAP FLOOR

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9 LADIES DROP SQUATTING
PLYOMETRIC SQUAT

8 MAIDS-A-MOUNTAIN CLIMBING

7 SWANS-A-SWITCH KICKING

6 GEESE-A-PLYO LUNGING

5 GOLDEN RUNNING LUNGES
LOW RUNNER'S LUNGE, PLYO PIKE TO SWITCH

4 CALLING BURPEES
WITH PUSHUP

3 FRENCH HIGH KNEE TWISTS

2 TURTLE DIP & HOLDS
TRICEP DIP & HOLD FOR 20 SECONDS, 2X

*FOR ANY EXERCISE THAT ALTERNATES SIDES, RIGHT & LEFT ONE TIME EACH COUNTS AS ONE REP

AND A PARTRIDE IN A ONE MINUTE PLANK HOLD

COMPLETE THIS HIIT DRILL DAILY, ADDING 1 ROUND EACH DAY FOR 12 DAYS LEADING UP TO CHRISTMAS DAY.

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