

## 12 Days of Christmas Office Challenge

### December 1st:

A partridge in a pear tree

- One 30-second elbow plank hold (may hold on knees if needed)

### December 2nd:

Two turtle doves and a partridge in a pear tree

- 2 burpees
- One 30-second elbow plank hold (may hold on knees if needed)

### December 5th:

Three French hens, two turtle doves and a partridge in a pear tree

- 3 pushups
- 2 burpees
- One 30-second elbow plank hold (may hold on knees if needed)

### December 6th:

Four calling birds, three French hens, two turtle doves and a partridge in a pear tree

- 4 lunges
- 3 pushups
- 2 burpees
- One 30-second elbow plank hold (may hold on knees if needed)

### December 7th:

Five golden rings, four calling birds, three French hens, two turtle doves and a partridge in a pear tree

- 5 large arm circles (5 forward, 5 back)
- 4 lunges
- 3 pushups
- 2 burpees
- One 30-second elbow plank hold (may hold on knees if needed)

### December 8th:

Six geese a laying, five golden rings, four calling birds, three French hens, two turtle doves and a partridge in a pear tree

- 6 body weight squats (may use chair)
- 5 large arm circles (5 forward, 5 back)
- 4 lunges
- 3 pushups

- 2 burpees
- One 30-second elbow plank hold (may hold on knees if needed)

#### December 9th:

Seven swans-a-swimming, six geese-a-laying, five golden rings, four calling birds, three French hens, two turtle doves, and a partridge in a pear tree.

- 7 lying glute bridges
- 6 body weight squats (may use chair)
- 5 large arm circles (5 forward, 5 back)
- 4 lunges
- 3 pushups
- 2 burpees
- One 30-second elbow plank hold (may hold on knees if needed)

#### December 12th:

Eight maids-a-milking, seven swans-a-swimming, six geese-a-laying, five golden rings, four calling birds, three French hens, two turtle doves, and a partridge in a pear tree.

- 8 imaginary in-place jump ropes
- 7 lying glute bridges
- 6 body weight squats (may use chair)
- 5 large arm circles (5 forward, 5 back)
- 4 lunges
- 3 pushups
- 2 burpees
- One 30-second elbow plank hold (may hold on knees if needed)

#### December 13th:

Nine ladies dancing, eight maids-a-milking, seven swans-a-swimming, six geese-a-laying, five golden rings, four calling birds, three French hens, two turtle doves, and a partridge in a pear tree.

- 9 calf raises (may add dancing for extra fun)
- 8 imaginary in-place jump ropes
- 7 lying glute bridges
- 6 body weight squats (may use chair)
- 5 large arm circles (5 forward, 5 back)
- 4 lunges
- 3 pushups
- 2 burpees
- One 30-second elbow plank hold (may hold on knees if needed)

### December 14th

Off, no flashing people in your pretty Christmas party dresses.

### December 15th:

Ten lords-a-leaping, nine ladies dancing, eight maids-a-milking, seven swans-a-swimming, six geese-a-laying, five golden rings, four calling birds, three French hens, two turtle doves, and a partridge in a pear tree.

- 10 jumping jacks
- 9 calf raises (may add dancing for extra fun)
- 8 imaginary in-place jump ropes
- 7 lying glute bridges
- 6 body weight squats (may use chair)
- 5 large arm circles (5 forward, 5 back)
- 4 lunges
- 3 pushups
- 2 burpees
- One 30-second elbow plank hold (may hold on knees if needed)

### December 16th:

Eleven pipers piping, ten lords-a-leaping, nine ladies dancing, eight maids-a-milking, seven swans-a-swimming, six geese-a-laying, five golden rings, four calling birds, three French hens, two turtle doves, and a partridge in a pear tree.

- 11 side-to-side toe taps
- 10 jumping jacks
- 9 calf raises (may add dancing for extra fun)
- 8 imaginary in-place jump ropes
- 7 lying glute bridges
- 6 body weight squats (may use chair)
- 5 large arm circles (5 forward, 5 back)
- 4 lunges
- 3 pushups
- 2 burpees
- One 30-second elbow plank hold (may hold on knees if needed)

### December 19th:

Twelve drummers drumming, eleven pipers piping, ten lords-a-leaping, nine ladies dancing, eight maids-a-milking, seven swans-a-swimming, six geese-a-laying, five golden rings, four calling birds, three French hens, two turtle doves, and a partridge in a pear tree.

- 12 in place joggers (12 butt kicks)
- 11 side-to-side toe taps
- 10 jumping jacks
- 9 calf raises (may add dancing for extra fun)
- 8 imaginary in-place jump ropes
- 7 lying glute bridges
- 6 body weight squats (may use chair)
- 5 large arm circles (5 forward, 5 back)
- 4 lunges
- 3 pushups
- 2 burpees
- One 30-second elbow plank hold (may hold on knees if needed)

### Exercise Key

1. Elbow plank



2. Burpees



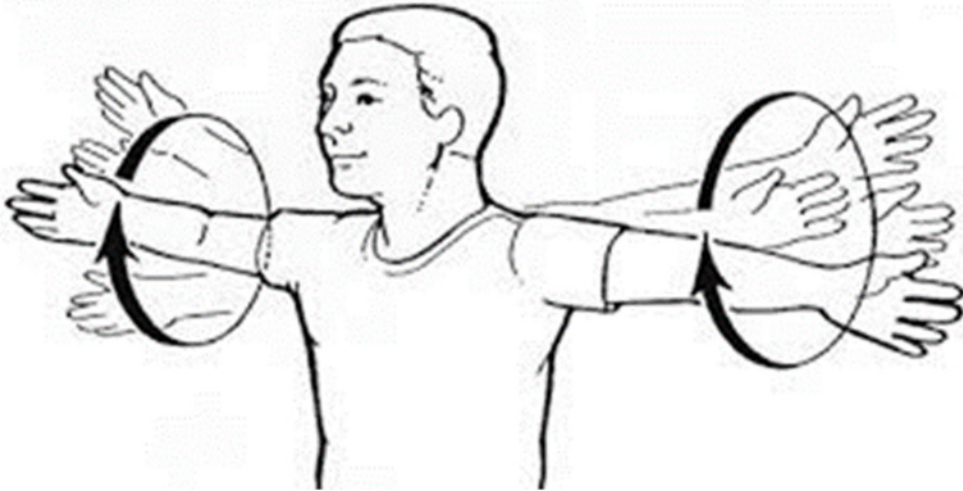
### 3. Pushups



### 4. Lunges



5. Arm circles



6. Squats



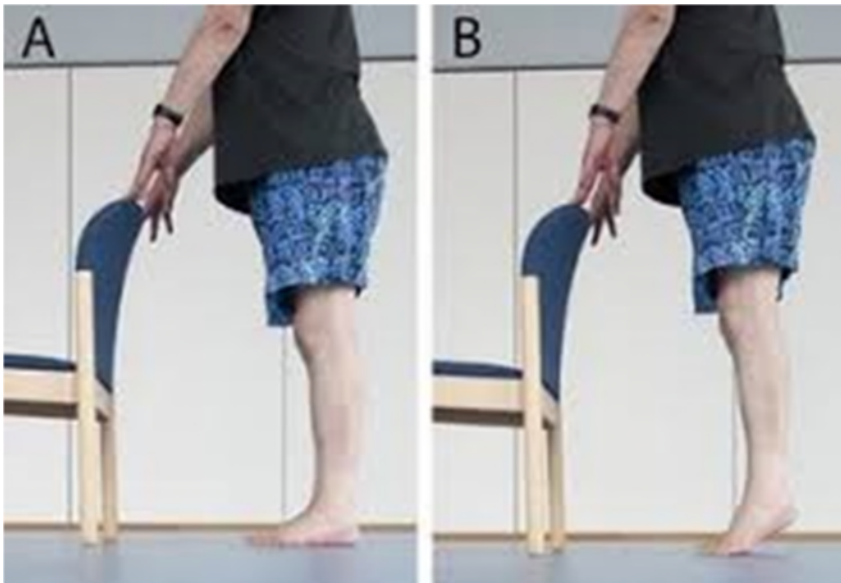
7. Lying glute bridges



8. Imaginary jump rope



9.

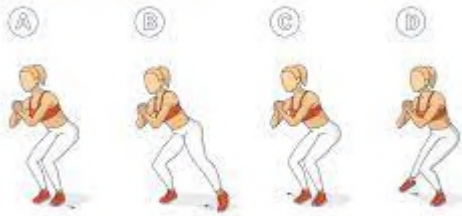


10. Jumping jacks





### LATERAL TOE TAPS



11.  VectorStock.com/31136952

12. In place jog/butt kick

