**12 Days of Fitness**

Count the number of seconds or repetitions completed each day. Make sure to take a picture or video, and HAVE FUN!!!

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|  | December 25 | December 26 | December 27 | December 28 | December 29 | December 30 | December 31 | January 1 | January 2 | January 3 | January 4 | January 5 |
| Day 1: Squat |  |  |  |  |  |  |  |  |  |  |  |  |
| Day 2: Standing Hip Abduction |  |  |  |  |  |  |  |  |  |  |  |  |
| Day 3:Lateral Tilts |  |  |  |  |  |  |  |  |  |  |  |  |
| Day 4: Push Ups |  |  |  |  |  |  |  |  |  |  |  |  |
| Day 5:Quadruped  |  |  |  |  |  |  |  |  |  |  |  |  |
| Day 6: Anterior/Posterior Tilts |  |  |  |  |  |  |  |  |  |  |  |  |
| Day 7: Plank |  |  |  |  |  |  |  |  |  |  |  |  |
| Day 8: Standing/seated march |  |  |  |  |  |  |  |  |  |  |  |  |
| Day 9: Rotational Passes |  |  |  |  |  |  |  |  |  |  |  |  |
| Day 10: Gluteal Bridge |  |  |  |  |  |  |  |  |  |  |  |  |
| Day 11: Tall Kneel |  |  |  |  |  |  |  |  |  |  |  |  |
| Day 12: Over Unders |  |  |  |  |  |  |  |  |  |  |  |  |