



<b>Dec 1</b>	<ul style="list-style-type: none"> <li>• Plank to Plank Jacks - 10 second plank/10 second Plank Jacks</li> <li>• Roman Twists - 15 repetitions</li> </ul> <p>Repeat 3 times through</p>	<b>Dec 10</b>	<p>Total Body Blast - 25 reps each (1 - 2 x thru)</p> <ul style="list-style-type: none"> <li>• Jumping Jacks</li> <li>• Squats</li> <li>• Pushups</li> </ul>	<b>Dec 19</b>	
<b>Dec 2</b>	Standing Forward Bend	<b>Dec 11</b>	<ul style="list-style-type: none"> <li>• Plank to Plank Jacks - 10 second plank/10 second Plank Jacks</li> <li>• Roman Twists - 15 repetitions</li> </ul> <p>Repeat 3 times through</p>	<b>Dec 20</b>	
<b>Dec 3</b>	25 repetitions of each (1 or 2 times through) <ul style="list-style-type: none"> <li>• Jumping Jacks</li> <li>• Squats</li> <li>• Pushups</li> <li>• PLUS a 30 second plank</li> </ul>	<b>Dec 12</b>	Add a 10 to 15 minute Fast Finish to your workout. Finish your workout by going faster than your normal pace. Push harder. The holiday parties are ramping up.	<b>Dec 21</b>	
<b>Dec 4</b>	Add 10 extra minutes of cardio to what you normally or have planned to do.	<b>Dec 13</b>	Pyramid (10,8,6,4,2 and back up if you dare) Burpees – Squats - Pushups		
<b>Dec 5</b>	Plan your week. Sit down for a few minutes and figure out your workouts for the week. Schedule 3 or 4 cardio sessions and 2-3 strength sessions.	<b>Dec 14</b>	Catch Up Day! If you've missed a day or two since the Challenge began today's your chance to get caught up. If you're 100% caught up, drop you happy self into a plank and hold it for 2 minutes.	<b>Dec 22</b>	
<b>Dec 6</b>	<ul style="list-style-type: none"> <li>• Half Jumping Jacks</li> <li>• Close Grip Pushups</li> <li>• Bodyweight Squats</li> <li>• Side Leg Lifts</li> <li>• Kick Backs</li> <li>• Tripod Hold (30 seconds)</li> </ul> <p>Do 15 reps 1, 2 or 3 times through.</p>	<b>Dec 15</b>		<b>Dec 23</b>	
<b>Dec 7</b>	<ol style="list-style-type: none"> <li>1. Alternating Reach Plank - 30 seconds</li> <li>2. Side Plank Touch - 15 each side</li> <li>3. Spiderman climbers - 30 seconds</li> </ol> <p>You can do it 1, 2 or even 3 rounds. If you have any wrist sensitivity, stick with 1 round</p>	<b>Dec 16</b>		<b>Dec 24</b>	
<b>Dec 8</b>	After your workout allow 10-15 minutes to stretch your muscles	<b>Dec 17</b>		<b>Dec 25</b>	
<b>Dec 9</b>	Add a 5 to 10 minute Fast Finish to your workout. Finish your workout by going faster than your normal pace.	<b>Dec 18</b>			