

12 days of Fitness- Laura Vossler

Start at the 1st day of Christmas and complete that exercise. Continue to day 2 however return back to day 1 and continue adding a day on each time you go through it.

On the First day of Christmas my Trainer gave to me...

Bear crawl across the room

Sprints across room

Plank Rows (each side)

Squat DB press

Tricep overhead extensions

Plyo lunges

Push up with single knee tuck at the top (slow mountain climber)

Reverse crunches

Squat jumps

Bent over rows

Mt climbers (right and left =1 count)

Burpees

Once you have made it to the 12th day, you can start from 12 and repeat the same sequence starting from the bottom each time. This makes it an hour workout...Good luck!