

Christmas Fitness Calendar

Click on the links below to reveal your daily fitness treat as we countdown to Christmas! Don't forget to share with your friends and keep me up with your progress on Facebook, Instagram and Twitter (all @inspiredbyvu)



Mon	Tues	Wed	Thurs	Fri	Sat	Sun
			100 Squats Challenge	2 minute skipping challenge	Calligraphy Arms	4 Minute Mon Circuit
5 minutes Flat Abs Challenge	6 minutes of positive affirmations	7 Rounds of Boxercise	Killer Calves	Tricep Dips	Table Top Kicks	100 Ab Challenge
Press Ups	Flex & Stretch	Basketball Jumps	Bitesized HIIT Workout	Taebo	RIPPED Total Body Challenge	10 Minute Booty-Shaking Workout
2 Minute Arm Challenge	Cardio Body Sculpt	Body Slimming Pilates	Core Secrets	Hip-Hop Dance Workout	Now Watch Me Whip!	It's Christmas!! Here are some moves for the dancefloor!!