

Fitness Advent Calendar

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
				1 <u>Skip N Kick</u>	2 <u>2 Minute Abs</u>	3 <u>Flex & Stretch</u>
4 <u>Total Body HIIT 1</u>	5 <u>African Dance 1</u>	6 <u>Upper Body Workout</u>	7 <u>10 Min Boxing workout</u>	8 <u>Total Body HIIT 2</u>	9 <u>Back to School Challenge</u>	10 <u>Cardio Squat Challenge</u>
11 <u>Bitesized HIIT</u>	12 <u>Boxercise Challenge</u>	13 <u>Lunge HIIT</u>	14 <u>Workout with Weights</u>	15 <u>Total Body HIIT 3</u>	16 <u>2 Minute Legs</u>	17 <u>Cardio Abs challenge</u>
18 <u>Winter HIIT</u>	19 <u>10 Min Leg Workout</u>	20 <u>Tough Mudder inspired HIIT</u>	21 <u>Quick Boxing Workout</u>	22 <u>Total Body HIIT 4</u>	23 <u>100 Abs Challenge</u>	24 <u>2 Minute Arms</u>
25 <u>African Dance 2</u>	26	27	28	29	30	31