

12 DAYS OF FITMAS

DECEMBER FITNESS CHALLENGE

This month's fitness challenge uses a traditional holiday jingle with exercises from your YMCA Personal Trainer. Designed to keep you active through the holiday season, you can perform each exercise from the song as your daily workout routine or perform one exercise each day during the month. To see how these exercises are performed, check out our video featuring our YMCA Health & Wellness Team at [YMCALI.org/Fitmas](https://www.yocali.org/Fitmas)

- ❄️ On the 1st day of Fitmas my trainer gave to me, a push up on a bosu ball
- ❄️ On the 2nd day of Fitmas my trainer gave to me, 2 jumping jacks and a push up on a bosu ball
- ❄️ On the 3rd day of Fitmas my trainer gave to me, 3 bicep curls, 2 jumping jacks and a push up on a bosu ball
- ❄️ On the 4th day of Fitmas my trainer gave to me, 4 mountain climbers, 3 bicep curls, 2 jumping jacks and a push up on a bosu ball
- ❄️ On the 5th day of Fitmas my trainer gave to me, 5 kettlebell swings, 4 mountain climbers, 3 bicep curls, 2 jumping jacks and a push up on a bosu ball
- ❄️ On the 6th day of Fitmas my trainer gave to me, 6 single arm rows, 5 kettlebell swings, 4 mountain climbers, 3 bicep curls, 2 jumping jacks and a push up on a bosu ball
- ❄️ On the 7th day of Fitmas my trainer gave to me, 7 oblique twists, 6 single arm rows, 5 kettlebell swings, 4 mountain climbers, 3 bicep curls, 2 jumping jacks and a push up on a bosu ball
- ❄️ On the 8th day of Fitmas my trainer gave to me, 8 shoulder presses, 7 oblique twists, 6 single arm rows, 5 kettlebell swings, 4 mountain climbers, 3 bicep curls, 2 jumping jacks and a push up on a bosu ball
- ❄️ On the 9th day of Fitmas my trainer gave to me, 9 dumbbell squats, 8 shoulder presses, 7 oblique twists, 6 single arm rows, 5 kettlebell swings, 4 mountain climbers, 3 bicep curls, 2 jumping jacks and a push up on a bosu ball
- ❄️ On the 10th day of Fitmas my trainer gave to me, 10 box jumps, 9 dumbbell squats, 8 shoulder presses, 7 oblique twists, 6 single arm rows, 5 kettlebell swings, 4 mountain climbers, 3 bicep curls, 2 jumping jacks and a push up on a bosu ball
- ❄️ On the 11th day of Fitmas my trainer gave to me, 11 lateral raises, 10 box jumps, 9 dumbbell squats, 8 shoulder presses, 7 oblique twists, 6 single arm rows, 5 kettlebell swings, 4 mountain climbers, 3 bicep curls, 2 jumping jacks and a push up on a bosu ball
- ❄️ On the 12th day of Fitmas my trainer gave to me, 12 hanging cleans, 11 lateral raises, 10 box jumps, 9 dumbbell squats, 8 shoulder presses, 7 oblique twists, 6 single arm rows, 5 kettlebell swings, 4 mountain climbers, 3 bicep curls, 2 jumping jacks and a push up on a bosu ball



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