

DECEMBER FITNESS CHALLENGE!

DASHING THROUGH DECEMBER!



DECEMBER 2025

Stay motivated all month long! Every check-in at the YMCA brings you closer to finishing the year strong. Dash, lift, stretch, or sweat your way through the season and celebrate your commitment to your health. Let's make this December your most active one yet!

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
1 20-minute brisk walk or jog	2 3 rounds: 10 squats, 10 push-ups, 10 sit-ups.	3 15 minutes of morning yoga or full-body stretching.	4 3 sets: 20 crunches, 15 leg raises, 30-second plank.	5 20 seconds work / 10 seconds rest x 8 round (jump squats, mountain climbers, burpees, high knees).	6 Try a Group Fitness class or lift weights for 30 minutes.	7 30-minute outdoor walk or light cardio recovery.
8 Foam roll + 10 minutes of mobility work.	9 4 rounds: 10 lunges (each leg), 10 push-ups, 15 jumping jacks, 30-second plank.	10 Try a cycling class or 25 minutes on the bike.	11 Focus on upper body (bicep curls, shoulder press, rows),a	12 15 minutes of meditation or yoga flow.	13 30 minutes of cardio of your choice.	14 Dance for 20 minutes to your favorite festive playlist!
15 Aim for 8,000–10,000 steps today.	16 Try interval sprints: 30 seconds on, 30 seconds off (10 rounds).	17 3 rounds: 15 squats, 12 lunges per leg, 20 calf raises.	18 Try different planks (forearm, side, extended) for 5 minutes total.	19 Total body strength circuit (bodyweight or machines).	20 Stretch, foam roll, and reset your body.	21 Take a group fitness class you've never tried before!
22 Go for a 2-mile walk/jog.	23 20-minute AMRAP (as many rounds as possible): 10 burpees	24 Gentle yoga or guided stretching.	25 25-Minute Merry Move	26 Complete 3 rounds of squats, glute bridges, lunges, and a 30-second wall sit.	27 Do 5 rounds of mountain climbers, Russian twists, leg raises, and a plank.	28 Choose a 30-minute walk, 20-minute HIIT, or 25-minute low-impact cardio session.
29 Complete 4 rounds of push-ups, tricep dips, bicycle crunches, and side planks.	30 Spend 10–15 minutes on deep stretching or yoga plus 5 minutes of mindful breathing.	31 Finish the year with a 20-minute circuit of jumping jacks, squats, push-ups, high knees, and plank.				



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