

# 25 Day Christmas Fitness Challenge



**No  
Equipment  
Needed**

**Always  
warm up  
before  
exercise**

**Be sure to  
keep water  
nearby**



DAY 1	DAY 2	DAY 3	DAY 4	DAY 5
Plank Hold - 10 Sec Squats - 10x Push Ups - 5x Backward Lunge - 12x Jumping Jacks - 20x	Plank Hold - 12 Sec Squats - 10x Push Ups - 5x Backward Lunge - 14x Jumping Jacks - 20x	Plank Hold - 15 Sec Squats - 11x Push Ups - 6x Backward Lunge - 16x Jumping Jacks - 25x	Walk or Run 10 Minutes	Plank Hold-20 Sec Squats - 12x Push Ups - 6x Backward Lunge -18x Jumping Jacks - 30x
DAY 6	DAY 7	DAY 8	DAY 9	DAY 10
Plank Hold - 25 Sec Squats - 14x Push Ups - 7x Backward Lunge - 20x Jumping Jacks - 35x	Plank Hold - 30 Sec Squats - 15x Push Ups - 8x Backward Lunge -22x Jumping Jacks - 40x	Walk or Run 15 Minutes	Plank Hold - 30 Sec Squats - 15x Push Ups - 9x Backward Lunge - 24x Jumping Jacks - 45x	Plank Hold - 35 Sec Squats - 16x Push Ups - 10x Backward Lunge - 26x Jumping Jacks - 50x
DAY 11	DAY 12	DAY 13	DAY 14	DAY 15
Plank Hold - 35 Sec Squats - 17x Push Ups - 10x Backward Lunge - 28x Jumping Jacks - 50x	Walk or Run 20 Minutes	Plank Hold - 40 Sec Squats - 18x Push Ups - 11x Backward Lunge - 30x Jumping Jacks - 55x	Plank Hold - 40 Sec Squats - 20x Push Ups - 12x Backward Lunge - 32x Jumping Jacks - 60x	Plank Hold -45 Sec Squats - 22x Push Ups - 12x Backward Lunge -34x Jumping Jacks - 65x
DAY 16	DAY 17	DAY 18	DAY 19	DAY 20
Walk or Run 25 Minutes	Plank Hold -45 Sec Squats - 24x Push Ups - 13x Backward Lunge - 34x Jumping Jacks - 70x	Plank Hold -50 Sec Squats - 26x Push Ups - 13x Backward Lunge - 36x Jumping Jacks - 75x	Plank Hold -50 Sec Squats - 28x Push Ups - 14x Backward Lunge - 38x Jumping Jacks - 80x	Walk or Run 30 Minutes
DAY 21	DAY 22	DAY 23	DAY 24	DAY 25
Plank Hold -55 Sec Squats - 30x Push Ups - 15x Backward Lunge - 40x Jumping Jacks - 85x	Plank Hold -55 Sec Squats - 35x Pushups - 16x Backward Lunge - 44x Jumping Jacks - 90x	Plank Hold -60 Sec Squats - 40x Push Ups - 18x Backward Lunge - 48x Jumping Jacks - 95x	Plank Hold -60 Sec Squats - 50x Push Ups - 20x Backward Lunge - 50x Jumping Jacks - 100x	Merry Christmas! REST Day