



Active Advent



1st Jogging On The Spot	2nd Press Ups	3rd Wall Sit	4th Hop Right Leg	5th Sit Ups
6th Speed Skaters	7th Mountain Climbers	8th Plank Hold	9th High Knees	10th Lunges
11th Burpee	12th Hop Left Leg	13th Side Plank Left	14th Squat Hold	15th Punching Out
16th Side Plank Right	17th Lunge Jumps	18th Star Jumps	19th High Knees Punching Up	20th Squat Pulse
21st Sit Ups	22nd Plank Hold	23rd Burpee	24th Lunge Jumps	25th REST DAY!



* All exercises for 30 seconds, 15 seconds rest, x 4 times

