12 DAYS OF FITNESS

DECEMBER 1 - 31

WIN PRIZES!

1 Plank	2 Bent Rows	3 Goblet Squats	4 Push-ups	5 Calf Raises	6 Triceps Extensions
7 Glute Bridges	8 Sit-ups	9 Biceps Curls	10 Step-ups	11 Shoulder Press	12 Jumping Jacks

JOIN THE CHALLENGE AT THE FRONT DESK!

12 Days of Fitness Tracker

Name:_____

You know how the song goes. Every verse adds something new, PLUS all the parts that came before it. 12 Days of Fitness works the same way, one exercise at a time!

How to Play:

- Day 1: Complete Exercise 1.
- Day 2: Complete Exercise 2, then Exercise 1.
- Day 3: Complete Exercise 3, then Exercises 2 and 1.
- Keep it going! Each day, start with the new exercise and work your way back to Exercise 1. By Day 12, you'll do all 12 exercises in one big Fitness finale!

Check off each day as you finish it, then stop by the front desk for a raffle entry and a chance to win a great prize - one raffle entry for each day completed. If you miss a day, don't worry, you have the whole month of December to complete the challenge. Only one day can be completed on each visit to the club. Ask Fitness Staff for a demonstration or modification for any exercise!

___Day 1: plank hold. Hold your body in a sraight line from head to heels on your forearms or hands, keeping your core tight. Can you hold it for 20+ seconds?

___Day 2: 12 bent rows [+day 1]. Hinge slightly forward at your hips and pull dumbbells up toward your ribs, squeezing your shoulder blades.

___Day 3: 12 goblet squats [+days 2 & 1]. Hold one dumbbell or kettle bell at your chest, sit your hips back and bend your knees (like you're sitting in a chair), and stand back up.

___Day4: 12 push-ups [+days 3 - 1]. Start in a high plank with hands slightly wider than shoulder-width; keep your body in a straight line as you lower your chest toward the floor, then press back up. Incline or knee push-ups count!

___Day 5: 12 calf raises [+days 4 - 1]. Standing with feet hip width apart, press up onto your tiptoes, pause briefly at the top, and slowly lower your heels. Hold dumbbells for an extra challenge or ask fitness staff to show you the calf raise machine.

___Day 6: 12 triceps extensions [+days 5 - 1]. Hold one dumbbell overhead with both hands, keep your elbows pointed forward, bend at the elbows to lower the weight behind your head, and press back up.

___Day 7: 12 glute bridges [+days 6 - 1]. Lie on your back with knees bent; press through your heels to lift your hips toward the ceiling. Use just one leg for a bigger challenge or ask fitness staff to show you the glute drive machine.

___Day 8: 12 sit-ups [+days 7 - 1]. Lie on your back with knees bent and feet flat on the floor; engage your core to sit all the way up toward your knees, then slowly lower back down.

___Day 9: 12 biceps curls [+days 8 - 1]. Stand tall holding a dumbbell in each hand with your elbows close to your body and arms down at your sides. Bend your elbows to lift the weight up, then lower it slowly back down.

___Day 10: 12 step ups [+days 9 - 1]. Step up onto a box or bench one foot at a time, switching your lead leg each rep for 12 on each leg.

___Day 11: 12 shoulder presses [+days 10 - 1]. Hold dumbbells at shoulder height and press them straight overhead until your arms are completely extended and return to starting position.

___Day 12: 12 jumping jacks [+days 11 - 1]. The last day. Jump for JOY! Merry Fitness to ALL!