

# Sacred Hearts 12 Days of Fitness



**December 3**  
1 minute  
plank or  
superman

**December 7**  
3 laps  
around the  
room/house,  
wall sit & a  
plank

**December 8**  
4 burpees &  
3 laps, wall  
sit & a plank

**December 10**  
6 mountain  
climbers, star  
jumps,  
burpees, 3  
laps, wall sit  
& a plank

**December 4**  
2 - 30 second  
wall sits &  
plank

**December 9**  
5 star jumps,  
burpees, 3  
laps, wall sit  
& a plank

**December 11**  
7 push ups,  
mountain  
climbers, star  
jumps, burpees,  
3 laps, wall sit &  
a plank

**December 18**  
12 line jumps, toe  
touches, squats,  
crunches, lunges,  
push ups,  
mountain climbers  
star jumps,  
burpees, 3 laps,  
wall sit & a plank,

**December 17**  
11 toe touches,  
squats, crunches,  
lunges, push ups,  
mountain climbers,  
star jumps,  
burpees, 3 laps,  
wall sit & a plank

**December 16**  
10 squats,  
crunches, lunges,  
push ups,  
mountain  
climbers, star  
jumps, burpees, 3  
laps, wall sit & a  
plank

**December 15**  
9 crunches,  
lunges, push  
ups, mountain  
climbers, star  
jumps, burpees,  
3 laps, wall sit &  
a plank

**December 14**  
8 lunges, push  
ups, mountain  
climbers, star  
jumps, burpees,  
3 laps, wall sit &  
a plank

