



25 Days OF FITMAS

| Sunday | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
|---|---|--|--|--|--|---|
| | | 1 Cardio Day Warm-up (10-minute walk) 20 Jumping Jacks (3 rounds) 20 Walk Push-up (3 rounds) 15 Squats (3 rounds) Cool Down (10-minute walk) | 2 Leg Day Warm-up (10-minute walk) 10-15 Lunges (3 rounds) 30 sec Wall Sits (3 rounds) 15 Squats (3 rounds) Cool Down (10-minute walk) | 3 Arm Day Warm-up (20 X 3 Jumping Jacks) 15-20 Pushups (3 rounds) 10 Triceps Dips (3 rounds) 10 Mountain Climbers (3 rounds) Cool Down (15-20 Ab crunches 3 rounds) | 4 Abs Day Warm-up (10 Walk/ Jog minute) 10-20 Ab Crunches (3 rounds) 10-20 Leg Lifts (3 rounds) 30-60 sec Plank (3 rounds) Cool Down (10-minute walk) | 5 Rest Make a healthy smoothie & enjoy a book |
| 6 Cardio Day Warm-up (10-minute walk) 20 Jumping Jacks (3 rounds) 20 Walk Push-up (3 rounds) 15 Squats (3 rounds) Cool Down (10-minute walk) | 7 Leg Day Warm-up (10-minute walk) 10-15 Lunges (3 rounds) 30 sec Wall Sits (3 rounds) 15 Squats (3 rounds) Cool Down (10-minute walk) | 8 Arm Day Warm-up (20 X 3 Jumping Jacks) 15-20 Pushups (3 rounds) 10 Triceps Dips (3 rounds) 10 Mountain Climbers (3 rounds) Cool Down (15-20 Ab crunches 3 rounds) | 9 Abs Day Warm-up (10 Walk/ Jog minute) 10-20 Ab Crunches (3 rounds) 10-20 Leg Lifts (3 rounds) 30-60 sec Plank (3 rounds) Cool Down (10-minute walk) | 10 Rest Eat an all vegetable meal & enjoy a movie | 11 Cardio Day Warm-up (10-minute walk) 20 Jumping Jacks (3 rounds) 20 Walk Push-up (3 rounds) 15 Squats (3 rounds) Cool Down (10-minute walk) | 12 Leg Day Warm-up (10-minute walk) 10-15 Lunges (3 rounds) 30 sec Wall Sits (3 rounds) 15 Squats (3 rounds) Cool Down (10-minute walk) |
| 13 Abs Day Warm-up (10 Walk/ Jog minute) 10-20 Ab Crunches 3 rounds) 10-20 Leg Lifts (3 rounds) 30-60 sec Plank (3 rounds) Cool Down (10-minute walk) | 14 Rest Take a few moments to meditate both morning & evening | 15 Cardio Day Warm-up (10-minute walk) 20 Jumping Jacks (3 rounds) 20 Walk Push-up (3 rounds) 15 Squats (3 rounds) Cool Down (10-minute walk) | 16 Leg Day Warm-up (10-minute walk) 10-15 Lunges (3 rounds) 30 sec Wall Sits (3 rounds) 15 Squats (3 rounds) Cool Down (10-minute walk) | 17 Arm Day Warm-up (20 X 3 Jumping Jacks) 15-20 Pushups (3 rounds) 10 Triceps Dips (3 rounds) 10 Mountain Climbers (3 rounds) Cool Down (15-20 Ab crunches 3 rounds) | 18 Abs Day Warm-up (10 Walk/ Jog minute) 10-20 Ab Crunches (3 rounds) 10-20 Leg Lifts (3 rounds) 30-60 sec Plank (3 rounds) Cool Down (10-minute walk) | 19 Rest Remember to hydrate & enjoy the sunset |
| 20 Cardio Day Warm-up (10-minute walk) 20 Jumping Jacks (3 rounds) 20 Walk Push-up (3 rounds) 15 Squats (3 rounds) Cool Down (10-minute walk) | 21 Leg Day Warm-up (10-minute walk) 10-15 Lunges (3 rounds) 30 sec Wall Sits (3 rounds) 15 Squats (3 rounds) Cool Down (10-minute walk) | 22 Arm Day Warm-up (20 X 3 Jumping Jacks) 15-20 Pushups (3 rounds) 10 Triceps Dips (3 rounds) 10 Mountain Climbers (3 rounds) Cool Down (15-20 Ab crunches 3 rounds) | 23 Abs Day Warm-up (10 Walk/ Jog minute) 10-20 Ab Crunches (3 rounds) 10-20 Leg Lifts (3 rounds) 30-60 sec Plank (3 rounds) Cool Down (10-minute walk) | 24 Rest Self-care all day & enjoy the time with family & friends | 25 Merry Christmas | |