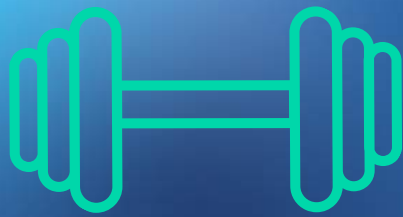




Our 12 Days Of Fitness



Challenge 2021



**Healthworks**  
the community health charity

*With Amy, Lucy, Niall and Rory*

# Healthworks 12 Days Of Fitmas Challenge



## Get ready to countdown to Christmas our Health Improvement (Physical Activity) Team

Work off some of those Christmas treats with the Healthworks 12 Days Of Fitmas Challenge! Complete each step and then move onto the next one.

If you can't manage the activity, the number of repetitions or length of time specified, just leave it out or adjust the time or number of repetitions to suit your fitness level. If you are looking for a more gentle home workout, please check out our 20 minute workouts on our YouTube.

**You should consult your GP or Health Care provider before starting any exercise program, especially if you have a pre-existing injury or medical condition. Stop exercising immediately and seek medical advice if you feel unwell.**

Before you start make sure you have a safe environment to exercise in at home. This means checking that there is nothing that could cause an accident. We recommend that you check your floor space for potential trip hazards - things like pet baskets, low level coffee tables and thick carpet rugs may need moving to make your exercise space safe.

Before you start please check that:

- You have enough space to do a 360° turn with arms out and not touch anything around us.
- You have a bottle of water at hand.
- You are wearing appropriate footwear (no flip flops, sandals or heels - flat, comfortable footwear is best).

# DAY 1:



1) 20 PUNCHES

# DAY 2:

- 1) 40 SECOND STAIR CLIMB
- 2) 20 PUNCHES



# DAY 3:

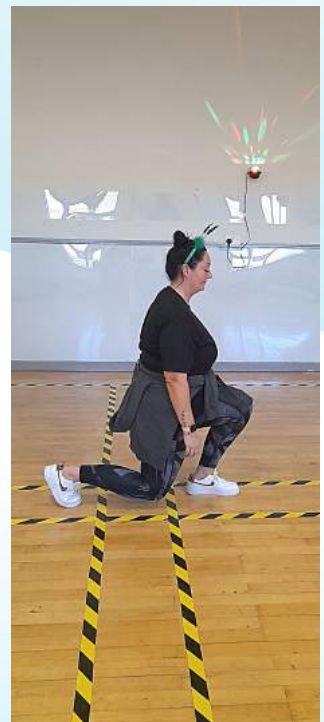


- 1) 6 PUSH-UPS (OR KNEE-UPS)
- 2) 40 SECOND STAIR CLIMB
- 3) 20 PUNCHES



# DAY 4:

- 1) 8 WALKING LUNGE EACH LEG
- 2) 6 PUSH-UPS (OR KNEE-UPS)
- 3) 40 SECOND STAIR CLIMB
- 4) 20 PUNCHES



# DAY 5:



- 1) 10 THRUSTERS
- 2) 8 WALKING LUNGE (EACH LEG)
- 3) 6 PUSH-UPS (OR KNEE-UPS)
- 4) 40 SECOND STAIR CLIMBS
- 5) 20 PUNCHES

# DAY 6:

- 1) 40 SECOND WALL SIT
- 2) 10 THRUSTERS
- 3) 8 WALKING LUNGE EACH LEG
- 4) 6 PUSH-UPS (OR KNEE-UPS)
- 5) 40 SECOND STAIR CLIMB
- 6) 20 PUNCHES



# DAY 7:

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- 1) 12 SQUATS
- 2) 40 SECOND WALL SIT
- 3) 10 THRUSTERS
- 4) 8 WALKING LUNGE (EACH LEG)
- 5) 6 PUSH-UPS (OR KNEE-UPS)
- 6) 40 SECOND STAIR CLIMBS
- 7) 20 PUNCHES

# DAY 8:

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- 1) 14 CRUNCHES
- 2) 12 SQUATS
- 3) 40 SECOND WALL SIT
- 4) 10 THRUSTERS
- 5) 8 WALKING LUNGE (EACH LEG)
- 6) 6 PUSH-UPS (OR KNEE-UPS)
- 7) 40 SECOND STAIR CLIMBS
- 8) 20 PUNCHES



# DAY 9:



- 1) 16 STAR JUMPS
- 2) 14 CRUNCHES
- 3) 12 SQUATS
- 4) 40 SECOND WALL SIT
- 5) 10 THRUSTERS
- 6) 8 WALKING LUNGE (EACH LEG)
- 7) 6 PUSH-UPS (OR KNEE-UPS)
- 8) 40 SECOND STAIR CLIMBS
- 9) 20 PUNCHES

# DAY 10:

- 1) 18 MOUNTAIN CLIMBERS
- 2) 16 STAR JUMPS
- 3) 14 CRUNCHES
- 4) 12 SQUATS
- 5) 40 SECOND WALL SIT
- 6) 10 THRUSTERS
- 7) 8 WALKING LUNGE EACH LEG
- 8) 6 PUSH-UPS (OR KNEE-UPS)
- 9) 40 SECOND STAIR CLIMB
- 10) 20 PUNCHES



# DAY 11:



- 1) 2 BURPEES
- 2) 18 MOUNTAIN CLIMBERS
- 3) 16 STAR JUMPS
- 4) 14 CRUNCHES
- 5) 12 SQUATS
- 6) 40 SECOND WALL SIT
- 7) 10 THRUSTERS
- 8) 8 WALKING LUNGE (EACH LEG)
- 9) 6 PUSH-UPS (OR KNEE-UPS)
- 10) 40 SECOND STAIR CLIMBS
- 11) 20 PUNCHES

# DAY 12:

- 1) PLANK FOR 30 SECONDS
- 2) 20 PUNCHES
- 3) 18 MOUNTAIN CLIMBERS
- 4) 16 STAR JUMPS
- 5) 14 CRUNCHES
- 6) 12 SQUATS
- 7) 40 SECOND WALL SIT
- 8) 10 THRUSTERS
- 9) 8 WALKING LUNGE EACH LEG



- 10) 6 PUSH-UPS (OR KNEE-UPS)
- 11) 40 SECOND STAIR CLIMBS
- 12) 20 PUNCHES



**Congratulations you've  
completed our challenge!**

Check out our YouTube for our other  
workouts or why not try our gym or  
activity classes?

[www.healthworksnewcastle.org.uk](http://www.healthworksnewcastle.org.uk)

*Have a great Christmas  
from us all at*



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