



O Fitness Tree, O Fitness Tree



1st Dec - 10 Star Jump, rest for 10secs and repeat twice

2nd Dec - Hold a Squat for 10 seconds, rest for 10 secs and repeat twice

3rd Dec - Knees up for 10 secs, rest for 10 secs and repeat twice

4th Dec - Side punches for 30 seconds, rest and repeat

5th Dec - Run on the spot for 30 seconds, rest and repeat

6th Dec - Hop on your left leg for 20 secs, rest then switch legs

7th Dec - 10 Burpees

8th Dec - Balance on 1 leg for 30 seconds, rest then switch legs

9th Dec - Stand up on your tip toes for 10, rest for 10 secs and repeat

10th Dec - Run on the spot for 30 seconds, rest and repeat

11th Dec - 10 sit ups

12th Dec - lay on your back. Lift your arms and legs off the floor for 10 seconds, down for 10 seconds and repeat twice



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Dec 13th - Lateral punches for 30 seconds, rest and repeat

Dec 14th - Hold a plank position for 30 seconds

Dec 15th - 10 Jumping Jacks

Dec 16th - 10 Push ups

Dec 17th - Mountain Climbers for 10 seconds, rest and repeat

Dec 18th - Hold a squat for 10 seconds, rest for 10 secs and repeat

Dec 19th - Bend and touch your toes then stretch up high, repeat 8 times

Dec 20th - Hop on your right leg for 20 seconds, rest then switch legs

Dec 21st - Bottom kicks for 20 seconds, rest and repeat

Dec 22nd - Run on the spot for 30 seconds, rest and repeat

Dec 23rd - 10 tuck jumps

Dec 24th - lay on your tummy. Lift your arms and legs off the floor for 10 seconds, down for 10 seconds and repeat twice