

**CHALLENGE:** The 12 days of Fitness

**DURATION:** 1 - 10 minutes

**FOCUS AREA:** Full body accumulator workout

ALWAYS REMEMBER  
WARM UP ↑  
COOL DOWN ↓

**FIRST DAY**



**SECOND DAY**



**THIRD DAY**



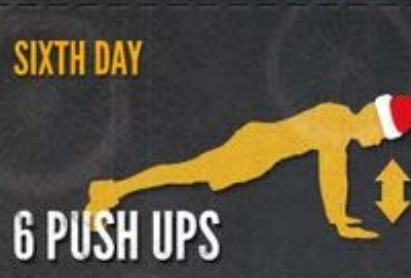
**FOURTH DAY**



**FIFTH DAY**



**SIXTH DAY**



**SEVENTH DAY**



**EIGHTH DAY**



**NINTH DAY**



**TENTH DAY**




**ELEVENTH DAY**



**TWELTH DAY**



 TRIBESPORTS

This is an accumulating circuit. Start on day one with a one-minute plank, and add on a new exercise each day until you finish on day 12 by performing all 12 moves.

Since everyone is pressed for time this season, what could be more efficient than a high intensity circuit like this?

If you have any questions about the moves, don't hesitate to reach out to me. (if you can't do a Tuck Jump, just do high knees). Modify where needed.

**Enjoy and Happy Holidays!!**

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