

The 12 Days of Christmas HIIT Workout

Do the following exercises as you would if you were singing the 12 Days of Christmas. For example, do number 1 then number 2 & number 1. Rest 30 seconds between "days."



On the first day of Christmas do 1 plank for 1 minute

On the second day of Christmas, do 2 push ups

On the third day of Christmas, do 3 pulsing squats

On the fourth day of Christmas, do 4 V-ups or other ab exercise

On the fifth day of Christmas, do 5 Burpees

On the sixth day of Christmas, do 6 Bicep Curls

On the seventh day of Christmas, do 7 tuck jumps or high knees

On the eighth day of Christmas, do 8 Russian Twists

On the ninth day of Christmas, do 9 switch lunges

On the tenth day of Christmas, do 10 Tricep Dip

On the eleventh day of Christmas, do 11 Curtsey Squats to Leg Lifts

On the twelfth day of Christmas, do 12 Mountain

If new to exercise or if you have any medical/fitness limitations, please consult your physician before engaging in this or any other strenuous workout.