

# Advent Calendar

## 24 Days of Fitness

**Day 1**  
Lunges with Pulses



**Day 2**  
Curtsy Lunge



**Day 3**  
Hammer & Hammer  
Lateral Curls



**Day 4**  
Downward Dog  
with Side Kicks



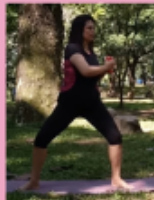
**Day 5**  
Side Planks  
Up & Down and  
Side to Side



**Day 6**  
Donkey Kicks  
with Pulses



**Day 7**  
Ab Twists



**Day 8**  
Arms with Isometric  
Holds & Pulses



**Day 9**  
Legs Up & Down



**Day 10**  
Shoulders with  
Isometric Holds  
and Pulses



**Day 11**  
Plank Side Twists



**Day 12**  
Row with Kick  
Backs & Tricep Kick  
Backs



**Day 13**  
Arms with Booty Up



**Day 14**  
Rock the Boat with  
Legs Up



**Day 15**  
Tricep Extensions  
and Booty Lift



**Day 16**  
Side Planks with  
Rows



**Day 17**  
Triceps with  
Isometric Holds  
& Pulses



**Day 18**  
Plank Up Downs  
with Hip Dips



**Day 19**  
V Sits



**Day 20**  
Bicycles



**Day 21**  
Planks with Side to  
Side Swivels &  
Knee Taps



**Day 22**  
Walk Out with  
Plank Steps



**Day 23**  
Arm Stretch  
with Leg Scoops



**Day 24**  
Burpees



As demonstrated by Art of Being a Mom by Louisa Mercado  
*Inspired by Tone It Up*

Active Wear by Sassa (BarbiexSassa Collection)

<http://artofbeingamom.com> | Facebook @theartofmom | Instagram @olskj | YouTube @2livelovelaugh5