

# Get fit for Christmas

With Santas 12 days of Christmas circuits:

Try to perform 10 repetitions of each exercise\* with as little rest as possible:

Then repeat the circuit as many times as you can manage. *Merry Fitmas!*\*

**12. Santa Squats**

**11. Lapland Lunges**

**10. Bethlehem Burpees**

**9. Rudolph Renegades**

**8. Christmas Clean & Presses**

**7. Pantomime Press ups**

**6. Merry Mountain Climbers**

**5. Candy Cane Crunches**

**4. Boxing Day Bunny Hops**

**3. Snowy Star Jumps**

**2. Laughing Leg Raises**

**1. Pudding Plank (just 1x60 second hold) \***

