

# 12 days of Christmas Exercises

ON THE **FIRST** DAY OF CHRISTMAS MY PERSONAL TRAINER SAID TO ME...

1. One minute of Planks

ON THE **SECOND** DAY OF CHRISTMAS MY PERSONAL TRAINER SAID TO ME...

2. Two Pull Ups & 1. One minute of Planks

ON THE **THIRD** DAY OF CHRISTMAS MY PERSONAL TRAINER SAID TO ME...

3. Three Push Ups, 2. Two Pull Ups & 1. One minute of Planks

ON THE **FORTH** DAY OF CHRISTMAS MY PERSONAL TRAINER SAID TO ME...

4. Four Underhand Pull ups, 3. Three Push Ups, 2. Two Pull Ups & 1. One minute of Planks

ON THE **FIFTH** DAY OF CHRISTMAS MY PERSONAL TRAINER SAID TO ME...

5. Five TRX Squats, 4. Four Underhand Pull ups, 3. Three Push Ups, 2. Two Pull Ups & 1. One minute of Planks

ON THE **SIXTH** DAY OF CHRISTMAS MY PERSONAL TRAINER SAID TO ME...

6. Six Medicine Ball Presses, 5. Five TRX Squats, 4. Four Underhand Pull ups, 3. Three Push Ups, 2. Two Pull Ups & 1. One minute of Planks

ON THE **SEVENTH** DAY OF CHRISTMAS MY PERSONAL TRAINER SAID TO ME...

7. Seven TRX Lunges, 6. Six Medicine Ball Presses, 5. Five TRX Squats, 4. Four Underhand Pull ups, 3. Three Push Ups, 2. Two Pull Ups & 1. One minute of Planks

ON THE **EIGHTH** DAY OF CHRISTMAS MY PERSONAL TRAINER SAID TO ME...

8. Eight Reverse Crunches, 7. Seven TRX Lunges, 6. Six Medicine Ball Presses, 5. Five TRX Squats, 4. Four Underhand Pull ups, 3. Three Push Ups, 2. Two Pull Ups & 1. One minute of Planks

ON THE **NINTH** DAY OF CHRISTMAS MY PERSONAL TRAINER SAID TO ME...

9. Nine TRX Bicep Curls, 8. Eight Reverse Crunches, 7. Seven TRX Lunges, 6. Six Medicine Ball Presses, 5. Five TRX Squats, 4. Four Underhand Pull ups, 3. Three Push Ups, 2. Two Pull Ups & 1. One minute of Planks

ON THE **TENTH** DAY OF CHRISTMAS MY PERSONAL TRAINER SAID TO ME...

10. Ten Mountain Climbers, 9. Nine TRX Bicep Curls, 8. Eight Reverse Crunches, 7. Seven TRX Lunges, 6. Six Medicine Ball Presses, 5. Five TRX Squats, 4. Four Underhand Pull ups, 3. Three Push Ups, 2. Two Pull Ups & 1. One minute of Planks

ON THE **ELEVENTH** DAY OF CHRISTMAS MY PERSONAL TRAINER SAID TO ME...

11. Eleven Tricep Dips, 10. Ten Mountain Climbers, 9. Nine TRX Bicep Curls, 8. Eight Reverse Crunches, 7. Seven TRX Lunges, 6. Six Medicine Ball Presses, 5. Five TRX Squats, 4. Four Underhand Pull ups, 3. Three Push Ups, 2. Two Pull Ups & 1. One minute of Planks

ON THE **TWELFTH** DAY OF CHRISTMAS MY PERSONAL TRAINER SAID TO ME...

12. Twelve TRX Back Rows, 11. Eleven Tricep Dips, 10. Ten Mountain Climbers, 9. Nine TRX Bicep Curls, 8. Eight Reverse Crunches, 7. Seven TRX Lunges, 6. Six Medicine Ball Presses, 5. Five TRX Squats, 4. Four Underhand Pull ups, 3. Three Push Ups, 2. Two Pull Ups & 1. One minute of Planks

