

# Holiday Hustle Fitness Challenge

Please make sure to do what your body feels comfortable with.  
Spell out your daily workout using the following Workout Letters and Words!



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
			1 Daily Words to Spell Out: Winter	2 Daily Words to Spell Out: Joy	3 Daily Words to Spell Out: Sled	4 Daily Words to Spell Out: Snowflakes
5 Daily Words to Spell Out: Holly	6 Daily Words to Spell Out: Candy Canes	7 Daily Words to Spell Out: Snowman	8 Daily Words to Spell Out: December	9 Daily Words to Spell Out: Holiday	10 Daily Words to Spell Out: Frost	11 Daily Words to Spell Out: Hanukkah
12 Daily Words to Spell Out: Reindeer	13 Daily Words to Spell Out: Hot Chocolate	14 Daily Words to Spell Out: Let It Snow	15 Daily Words to Spell Out: Goodwill	16 Daily Words to Spell Out: Celebrate	17 Daily Words to Spell Out: Sleigh Bells	18 Daily Words to Spell Out: Dreidel
19 Daily Words to Spell Out: Christmas Tree	20 Daily Words to Spell Out: Wreath	21 Daily Words to Spell Out: Snow	22 Daily Words to Spell Out: Peace	23 Daily Words to Spell Out: Gingerbread	24 Daily Words to Spell Out: Believe	25 Daily Words to Spell Out: Christmas
26 Daily Words to Spell Out: Kwanzaa	27 Daily Words to Spell Out: Mittens	28 Daily Words to Spell Out: Festive	29 Daily Words to Spell Out: Rudolph	30 Daily Words to Spell Out: Blizzard	31 Daily Words to Spell Out: New Year	

- A - 10 crunches
- B - 10 jumping jacks
- C - 5 push-ups
- D - 5 squats
- E - 30-second wall sit
- F - 10 arm circles
- G - 10 mountain climbers
- H - 5 burpees
- I - 30-second plank
- J - 5 lateral raises
- K - 10 lunges (each leg)
- L - 10 crunches
- M - 10 high knees
- N - 10 tricep chair dips
- O - 10 bicep curls
- P - 10 lateral raises
- Q - 10 burpees
- R - 10 push-ups
- S - 45-second wall sit
- T - 10 front arm raises
- U - 45-second plank
- V - 15 mountain climbers
- W - 15 arm circles
- X - 15 jumping jacks
- Y - 15 crunches
- Z - 10 squats