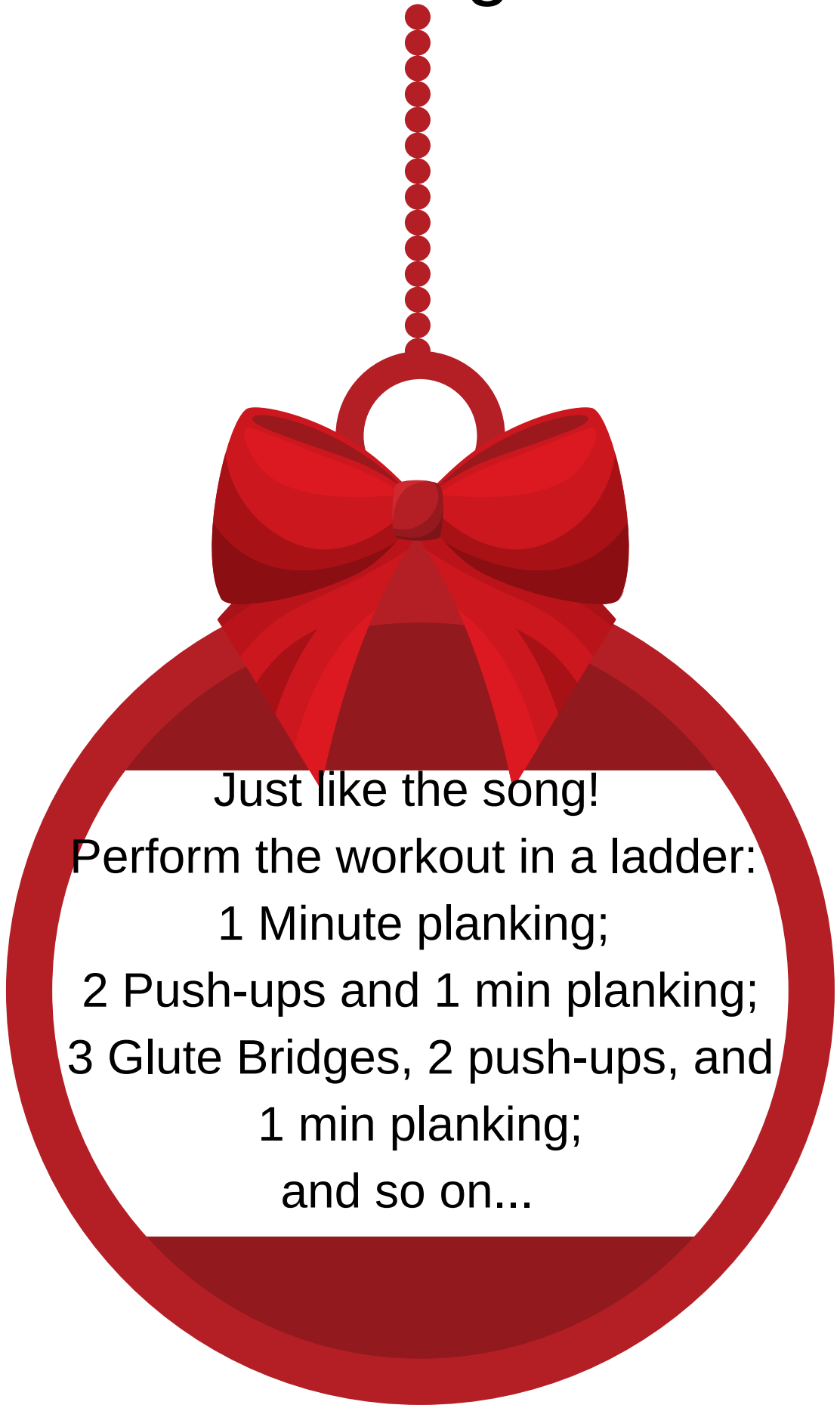


# FIT CHICKS®

## "12 Moves of Christmas" WORKOUT

On the first day of Christmas FIT CHICKS gave to me....

- 1 Minute planking
- 2 Push-ups
- 3 Glute bridges
- 4 Mountain climbers
- 5 Burpeeeeeeeees
- 6 Jacks-a-jumping
- 7 Chairs-a-dipping
- 8 Heismans Leaping
- 9 Squats-a-squatting
- 10 Ladies Lunging
- 11 Crunches crunching
- 12 Knees-a-kicking



Just like the song!  
Perform the workout in a ladder:  
1 Minute planking;  
2 Push-ups and 1 min planking;  
3 Glute Bridges, 2 push-ups, and  
1 min planking;  
and so on...

[www.fitchicks.ca](http://www.fitchicks.ca)

*Choose your intensity!*

Level 1 - Start at 12 and work down to 1

Level 2 - Finish the song!

Level 3 - As fast as you can!

