

Exercise Advent Calendar

Start on the 1st December. Each day open a box & complete the exercise for 1 minute. On the 2nd December open the next box & complete the exercise for 1 minute & the previous days exercise for 1 minute. Every day open a box complete the exercise from the previous days and the new exercise. Example Day 5 complete exercise 1-5 for 1 minute each. You can complete exercise either seated or standing. Enjoy.....

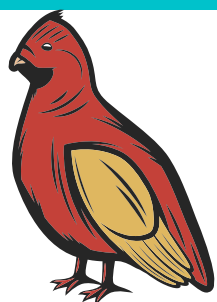
 1 Marching	2 Royal waves	3 Marching	4 Boxing Arms	5 Knee Lifts
6 Marching Arms 	7 Alternate toe taps	 8 Alternate arm raises	9 Canoe Arms	10 Alternate heel digs
11 Breast stroke arms	12 Marching	13 Wrist Circles	14 Marching	 15 Shoulder shrugs
16 Marching	 17 Marching & boxing arms	18 Marching	 19 Marching & shoulder taps	20 Leg Press
 21 Chest press	22 Calf raises	 <p>Example Day 4 1 min Marching 1 min Royal waves 1 min Marching 1 min Boxing Arms</p>		 Season's Greetings
23 Bicep Curl	 24 Marching			

From the Fitness & friendship Team

12 Days Of Christmas

Follow the exercise for each for the 12 days of Christmas adding a new Exercise every day. Just like the song each day repeat the previous days exercise & add in the new day. You can complete the exercises either seated or standing.

1



A partridge in a pear tree - Hand Circles

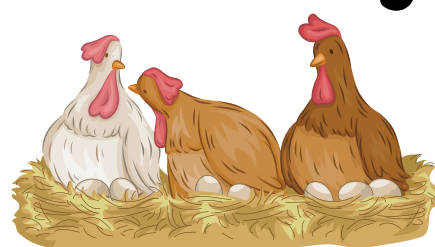
2



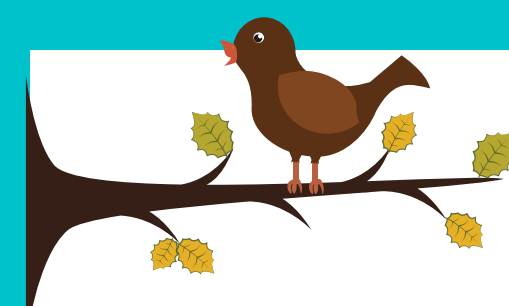
Two turtle doves
-Double arm raises

3

Three French hens -
Chicken Wings



4



Four calling birds
- shoulder Shrugs

5

Five gold rings -
Hand Circles



6

Six geese a-
laying -
Marching



7



Seven swans a-
swimming -
Breast Stroke

8

Eight maids a-
milking - Front
arm raises



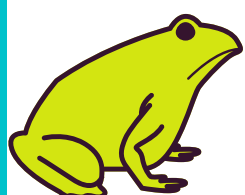
9



Nine ladies
dancing -
Marching feet +
arm raises

10

Lords a-leaping -
Sut to stand/ Knee
Lifts



11

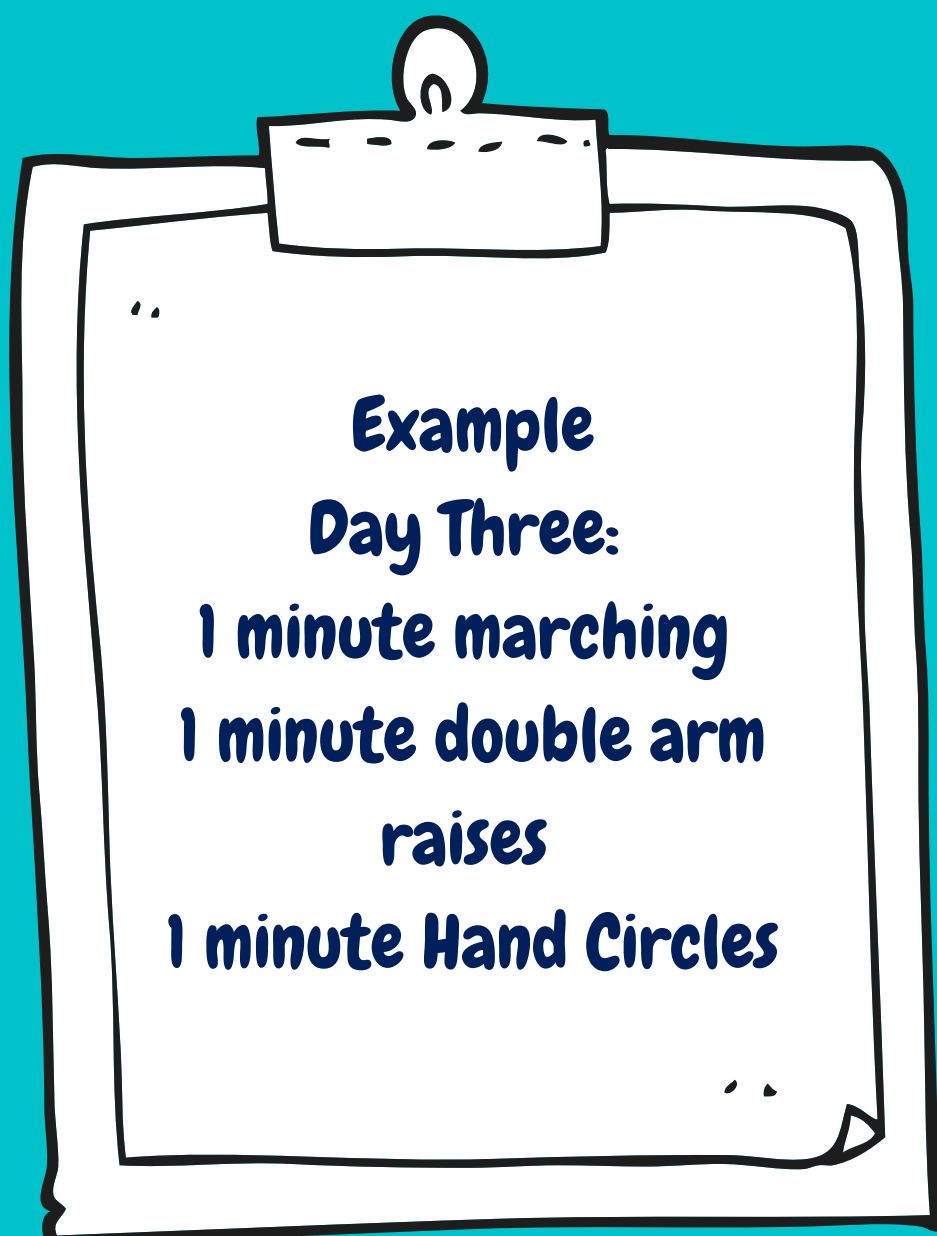
Pipers piping
Marching
feet
& arms



12



12 Drummers
drumming-
Marching



HAPPY NEW YEAR

We look forward
to seeing you all
again in
2021

From the Fitness &
friendship Team...