

# December 2018

## Kim's Advent Calendar

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
						<b>1</b>
						25 star jumps
<b>2</b>	<b>3</b>	<b>4</b>	<b>5</b>	<b>6</b>	<b>7</b>	<b>8</b>
24 mountain climbers	23 jump squats	22 bicycle crunches	21 step ups	20 side skater jumps (sideway)	19 tricep dips	18 kettle bell swings
<b>9</b>	<b>10</b>	<b>11</b>	<b>12</b>	<b>13</b>	<b>14</b>	<b>15</b>
17 side oblique crunches each side	16 kettle bell swings	15 jumping lunges	14 lunges each side	13 bicep curls each arm with a weight	12 standing long jumps	11 push ups
<b>16</b>	<b>17</b>	<b>18</b>	<b>19</b>	<b>20</b>	<b>21</b>	<b>22</b>
10 burpees	9 inchworms	8 tuck jumps	7 x 20 air punches	6 x 15 calf raisers	5 x 30 skips	4 x 100m sprints on rower or 50m run
<b>23</b>	<b>24</b>	<b>25</b>	<b>26</b>	<b>27</b>	<b>28</b>	<b>29</b>
3 x 10min walks	2 x 500m runs	<b>Christmas Day</b> Treat yourself a little - well done	<b>No excuses</b> keep up the great work - 30 donkey kicks each leg	<b>Do a little exercise each day</b> 10 diamond pushups (hands touching to form diamond)	<b>Keep walking each day</b>	30 arm circles forward then back
<b>30</b>	<b>31</b>					
<b>Don't give up</b> complete 50 flutter kicks while holding dish position (balancing on buttocks)	<b>Don't make New Year's resolutions - Make life changes!!</b>					

*Instead of having high fat chocolate or biscuits as a treat each day, make my recipe for raw chocolate or protein balls and treat yourself after you complete the daily exercise.*

*Have some fruit, especially in summer. A nice juicy apple, pineapple, strawberries help with some energy before or after a workout and are a much healthier alternative to high fat treats.*

Check out my blog: <http://kimmyprince.wixsite.com/powerlifter>

MERRY CHRISTMAS