



# 12 Days of Movement Challenge

How the challenge works:

Each day, add the new exercise to the previous day(s)!

- 1 min jumping jacks
- 2 push-ups
- 3 squats
- 4 plank jacks
- 5 burpees
- 6 lunges
- 7 sit-ups
- 8 bicycle crunches
- 9 bridges
- 10 speed skaters
- 11 mountain climbers
- 12 calf raises

