



Fitness Advent Calendar

<p>12 reps: 1</p> <ul style="list-style-type: none"> • Push ups • 20s plank • 1 min jogging on spot <p>Take donation envelopes on the appliance</p>	<p>12 reps: 2</p> <ul style="list-style-type: none"> • Sit ups • 30s plank • Squats <p>Take donation envelopes on the appliance</p>	<p>12 reps: 3</p> <ul style="list-style-type: none"> • Sit ups • 30s plank • Burpees <p>Take donation envelopes on the appliance</p>	<p>20 min walk individually or as a watch 4</p> <p>Tidy the station and decorate the rest room. Take donation envelopes on the appliance</p>	<p>x2 sets 12 reps: 5</p> <ul style="list-style-type: none"> • Push ups • 30s plank • Sit ups <p>Take donation envelopes on the appliance</p>	<p>x2 sets 12 reps: 6</p> <ul style="list-style-type: none"> • Bridges • 30s plank • Squats <p>Take donation envelopes on the appliance</p>
<p>20 min walk individually or as a watch 7</p> <p>Take donation envelopes on the appliance</p>	<p>x2 sets 12 reps: 8</p> <ul style="list-style-type: none"> • Lunges • 40s plank • Side leg raise (lying) <p>Take donation envelopes on the appliance</p>	<p>x2 sets 12 reps: 9</p> <ul style="list-style-type: none"> • Wall squat • 40s plank • Burpees <p>Take donation envelopes on the appliance</p>	<p>x2 sets 12 reps: 10</p> <ul style="list-style-type: none"> • Mountain climbers • 40s plank • Burpees <p>Take donation envelopes on the appliance</p>	<p>20 min walk individually or as a watch 11</p> <p>Take donation envelopes on the appliance</p>	<p>x2 sets 12 reps: 12</p> <ul style="list-style-type: none"> • Push ups • Sit ups • Jumping jacks <p>Take donation envelopes on the appliance</p>
<p>20 min walk individually or as a watch 13</p> <p>Take donation envelopes on the appliance</p>	<p>x2 sets 12 reps: 14</p> <ul style="list-style-type: none"> • Side leg raise (lying) • Side lunge • Push ups <p>Take donation envelopes on the appliance</p>	<p>x2 sets 12 reps: 15</p> <ul style="list-style-type: none"> • Bridges • Wall squats • Push ups <p>Take donation envelopes on the appliance</p>	<p>x2 sets 12 reps: 16</p> <ul style="list-style-type: none"> • Lunges • 40s plank • Side leg raise (lying) <p>Take donation envelopes on the appliance</p>	<p>20 min walk individually or as a watch 17</p> <p>Take donation envelopes on the appliance</p>	<p>12 reps: 18</p> <ul style="list-style-type: none"> • Sit ups • 40s plank • Squats <p>Take donation envelopes on the appliance</p>
<p>12 reps: 19</p> <ul style="list-style-type: none"> • Push ups • Bridges • 2 min jogging on spot <p>Take donation envelopes on the appliance</p>	<p>20 min walk individually or as a watch 20</p> <p>Take donation envelopes on the appliance</p>	<p>x2 sets 12 reps: 21</p> <ul style="list-style-type: none"> • Side leg raise (lying) • Side lunge • Push ups <p>Take donation envelopes on the appliance</p>	<p>x2 sets 12 reps: 22</p> <ul style="list-style-type: none"> • Lunges • 40s plank • Side leg raise (lying) <p>Take donation envelopes on the appliance</p>	<p>20 min walk individually or as a watch 23</p> <p>Take donation envelopes on the appliance</p>	<p>Watch a Christmas movie and sign up to regular giving towards our charity, or play our Lottery 24</p> <p>Reflect on all your achievements and have a Happy Christmas!</p>

Please note that the above fitness examples may not suit all. Please seek medical advice if you have any conditions. Or visit: www.firefighterscharity.org.uk/how-we-can-help/our-approach-to-support

