

25 Days of Fitness



Center for
Health & Fitness
A Beach Cities Health District Program

Starting on December 1st begin with the listed exercise, then build each day thereafter by adding to the workout (for example: complete 12/1-12/2 on the 2nd, complete 12/1-12/3 on the 3rd, complete 12/1-12/4 on the 4th, etc.)



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
1 25 Squats	2 24 Mountain Climbers	3 23 Skiers	4 22 Lunges	5 21 Scissor Kicks	6 20 Lunge Pulses for 30 secs (each side)	7 19 Planks with Shoulder Taps
8 18 Jump Squats	9 17 V-ups	10 16 Crunches	11 15 Push-ups (modified or regular)	12 14 Up Down Planks	13 13 Burpees	14 12 Tricep Dips
15 11 Worm Walkouts	16 10 Supermans	17 9 Side Plank Dips	18 8 Bicep Curls	19 7 Plank Rows	20 6 Side Lunge to Curtsey (each side)	21 5 Squat Knee Raises (each side)
22 4 30-second Planks	23 3 Burpees	24 2 2-minute wall sits	25 1 Star Jump	26	27	28
29	30	31				

Visit www.beachcitiesgym.com/challenge for more information on these exercises.