



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

GET FIT THIS CHRISTMAS

12 DAYS OF FITNESS CHALLENGE

Don't forget to sing along to this full body, accumulating circuit challenge! Start on day one with a one-minute plank, and add on a new exercise each day until you finish on day 12 by performing all 12 moves. Post your challenges videos on our Facebook page with the hashtag #CranstonYMCA.

THE CHALLENGE BEGINS ON DECEMBER 12TH!!

Refrain from this year's Holiday gain and challenge yourself to new limits!

FIRST DAY
1 MINUTE PLANK

SECOND DAY
2 MINUTE WALL SQUAT

THIRD DAY
3 MINUTE BRIDGE

FOURTH DAY
4 BURPEES

FIFTH DAY
5 STAR JUMPS

SIXTH DAY
6 PUSH UPS

SEVENTH DAY
7 MOUNTAIN CLIMBERS

EIGHTH DAY
8 SQUATS

NINETH DAY
9 CHAIR DIPS

TENTH DAY
10 TUCK JUMPS

ELEVENTH DAY
11 LUNGES

TWELTH DAY
12 CRUNCHES

For more information contact the Cranston YMCA, 401.943.0444