

"On the... day of fitness, a reindeer showed to me..."

THE 12 DAYS OF FITNESS

1ST DAY



a big stretch like a tall tree

2ND DAY



2 side slides

3RD DAY



3 small kicks

4TH DAY



4 arm swings

5TH DAY



5 jellyfish shakes

6TH DAY



6 bats a swinging

7TH DAY



7 balls a catching

8TH DAY



8 balls a bouncing

9TH DAY



9 people throwing

10TH DAY



10 waists a twisting

11TH DAY



11 windmills circling

12TH DAY



12 green frogs jumping