

# 12 Days of Christmas Workout



- 1 Burpees
- 2 Wall Walks
- 3 Barbell Overhead Press
- 4 Pull-Ups
- 5 Jumping Jacks
- 6 Bicycle Crunches
- 7 Sumo Deadlift High-Pull
- 8 Air Squats
- 9 Kettlebell Swings
- 10 Box Jumps
- 11 Plank Hip Dips
- 12 Push Ups



**JUSTFIT!**