

# The 12 Days of Christmas

## (The Boxer)

[www.wellpath.info/12-dayschallenge](http://www.wellpath.info/12-dayschallenge)

Remember to listen to your body. Don't injure yourself or over-train. If an exercise seems particularly difficult or you are getting sore, consider taking breaks during your routine and substitute the troublesome exercise with another. Contact [wellness@srpmic-nsn.gov](mailto:wellness@srpmic-nsn.gov) or a WellPath Coach if you would like any help with your routine.

This routine starts slow and gives you time to get used to your routine, but it builds in 12-days to a significant amount of exercise (see spreadsheet in the back of this hymnal). Pay attention for symptoms of overtraining and remember to rest 2 days per week in the last two weeks.

Have fun and share the Holiday spirit and workout with others. Please consider taking pictures or video and sharing with WellPath.

### Day One: December 1st



*On the first day of CHRISTmas WellPath gave to me, a perfect pivot and reach.*

### Day Two: December 2<sup>nd</sup>



*On the first day of CHRISTmas WellPath gave to me, a perfect pivot and reach.*



*On the second day of CHRISTmas WellPath Gave to me, 2 lateral step touches (left + right = 1) and a perfect pivot and reach*

## Day Three: December 3rd



On the first day of CHRISTmas WellPath gave to me, a perfect pivot and reach.



On the second day of CHRISTmas WellPath gave to me, 2 lateral step touches (left + right = 1) and a perfect pivot and reach



On the third day of CHRISTmas WellPath gave to me, 3 front kicks (each side), 2 lateral step touches (left + right = 1) and a perfect pivot and reach

Day Four: December 4th



On the first day of CHRISTmas WellPath gave to me, a perfect pivot and reach.



On the second day of CHRSTmas WellPath Gave to me, 2 lateral step touches (left + right = 1) and a perfect pivot and reach.



On the third day of CHRSTmas WellPath Gave to me, 3 front kicks (each side), 2 lateral step touches (left + right = 1) and a perfect pivot and reach.



On the fourth day of CHRSTmas WellPath Gave to me, 4 jabs with each hand, 3 front kicks (each side), 2 lateral step touches (left + right = 1) and a perfect pivot and reach.

Day Five: December 5th



On the first day of CHRISTmas WellPath gave to me, a perfect pivot and reach.



On the second day of CHRSTmas WellPath Gave to me, 2 lateral step touches (left + right = 1) and a perfect pivot and reach



On the third day of CHRSTmas WellPath Gave to me, 3 front kicks (each side), 2 lateral step touches (left + right = 1) and a perfect pivot and reach.



On the fourth day of CHRSTmas WellPath Gave to me, 4 jabs with each hand, 3 front kicks (each side), 2 lateral step touches (left + right = 1) and a perfect pivot and reach.



On the fifth day of CHRSTmas WellPath Gave to me, 5 front kick squats, 4 jabs with each hand, 3 front kicks (each side), 2 lateral step touches (left + right = 1) and a perfect pivot and reach.

## Day Six: December 6th



On the first day of CHRISTmas WellPath gave to me, a perfect pivot and reach.



On the second day of CHRISTmas WellPath gave to me, 2 lateral step touches (left + right = 1)  
and a perfect pivot and reach.



On the third day of CHRISTmas WellPath gave to me, 3 front kicks (each side), 2 lateral step touches (left + right = 1) and a perfect pivot and reach.



On the fourth day of CHRISTmas WellPath gave to me, 4 jabs with each hand, 3 front kicks (each side), 2 lateral step touches (left + right = 1) and a perfect pivot and reach.



On the fifth day of CHRSTmas WellPath gave to me, 5 front kick squats, 4 jabs with each hand, 3 front kicks (each side), 2 lateral step touches (left + right = 1) and a perfect pivot and reach.



On the sixth day of CHRISTmas WellPath gave to me, 6 Step Touches (forward and back), 5 front kick squats, 4 jabs with each hand, 3 front kicks (each side), 2 lateral step touches (left + right = 1) and a perfect pivot and reach.

Day Seven: **December 7th**



On the first day of CHRISTmas WellPath gave to me, a perfect pivot and reach.

On the second day of CHRSTmas WellPath Gave to me, 2 lateral step touches (left + right = 1) and a perfect pivot and reach

On the third day of CHRSTmas WellPath Gave to me, 3 front kicks (each side), 2 lateral step touches (left + right = 1) and a perfect pivot and reach

On the fourth day of CHRSTmas WellPath Gave to me, 4 jabs with each hand, 3 front kicks (each side), 2 lateral step touches (left + right = 1) and a perfect pivot and reach

On the fifth day of CHRSTmas WellPath Gave to me, 5 front kick squats, 4 jabs with each hand, 3 front kicks (each side), 2 lateral step touches (left + right = 1) and a perfect pivot and reach

On the sixth day of CHRSTmas WellPath Gave to me, 6 Step Touches (forward and back), 5 front kick squats, 4 jabs with each hand, 3 front kicks (each side), 2 lateral step touches (left + right = 1) and a perfect pivot and reach

On the seventh day of CHRSTmas WellPath Gave to me, 7 cross punches (both hands = 1), 6 Step Touches (forward and back), 5 front kick squats, 4 jabs with each hand, 3 front kicks (each side), 2 lateral step touches (left + right = 1) and a perfect pivot and reach



Day Eight: December 8th



On the first day of CHRISTmas WellPath gave to me, a perfect pivot and reach.

On the second day of CHRSTmas WellPath Gave to me, 2 lateral step touches (left + right = 1) and a perfect pivot and reach

On the third day of CHRSTmas WellPath Gave to me, 3 front kicks (each side), 2 lateral step touches (left + right = 1) and a perfect pivot and reach

On the fourth day of CHRSTmas WellPath Gave to me, 4 jabs with each hand, 3 front kicks (each side), 2 lateral step touches (left + right = 1) and a perfect pivot and reach

On the fifth day of CHRSTmas WellPath Gave to me, 5 front kick squats, 4 jabs with each hand, 3 front kicks (each side), 2 lateral step touches (left + right = 1) and a perfect pivot and reach

On the sixth day of CHRSTmas WellPath Gave to me, 6 Step Touches (forward and back), 5 front kick squats, 4 jabs with each hand, 3 front kicks (each side), 2 lateral step touches (left + right = 1) and a perfect pivot and reach

On the seventh day of CHRSTmas WellPath Gave to me, 7 cross punches (both hands = 1), 6 Step Touches (forward and back), 5 front kick squats, 4 jabs with each hand, 3 front kicks (each side), 2 lateral step touches (left + right = 1) and a perfect pivot and reach

On the Eighth day of CHRSTmas WellPath Gave to me, 8 side kicks (4 each leg), 7 cross punches (both hands = 1), 6 Step Touches (forward and back), 5 front kick squats, 4 jabs with each hand, 3 front kicks (each side), 2 lateral step touches (left + right = 1) and a perfect pivot and reach



## Day Nine: December 9th



On the first day of CHRISTmas WellPath gave to me, a perfect pivot and reach.

On the second day of CHRISTmas WellPath gave to me, 2 lateral step touches (left + right = 1) and a perfect pivot and reach

On the third day of CHRSTmas WellPath gave to me, 3 front kicks (each side), 2 lateral step touches (left + right = 1) and a perfect pivot and reach

On the fourth day of CHRSTmas WellPath gave to me, 4 jabs with each hand, 3 front kicks (each side), 2 lateral step touches (left + right = 1) and a perfect pivot and reach

On the fifth day of CHRISTmas WellPath gave to me, 5 front kick squats, 4 jabs with each hand, 3 front kicks (each side), 2 lateral step touches (left + right = 1) and a perfect pivot and reach

On the sixth day of CHRISTmas WellPath gave to me, 6 Step Touches (forward and back), 5 front kick squats, 4 jabs with each hand, 3 front kicks (each side), 2 lateral step touches (left + right = 1) and a perfect pivot and reach

On the seventh day of CHRISTmas WellPath gave to me, 7 cross punches (both hands = 1), 6 Step Touches (forward and back), 5 front kick squats, 4 jabs with each hand, 3 front kicks (each side), 2 lateral step touches (left + right = 1) and a perfect pivot and reach

On the Eighth day of CHRSTmas WellPath gave to me, 8 side kicks (4 each leg), 7 cross punches (both hands = 1), 6 Step Touches (forward and back), 5 front kick squats, 4 jabs with each hand, 3 front kicks (each side), 2 lateral step touches (left + right = 1) and a perfect pivot and reach

On the Ninth day of CHRISTmas WellPath gave to me, 9 uppercuts, 8 side kicks (4 each leg), 7 cross punches (both hands = 1), 6 Step Touches (forward and back), 5 front kick squats, 4 jabs with each hand, 3 front kicks (each side), 2 lateral step touches (left + right = 1) and a perfect pivot and reach

## Day 10: December 10th

On the first day of CHRISTmas WellPath gave to me, a perfect pivot and reach.

On the second day of CHRSTmas WellPath Gave to me, 2 lateral step touches (left + right = 1) and a perfect pivot and reach

On the third day of CHRSTmas WellPath Gave to me, 3 front kicks (each side), 2 lateral step touches (left + right = 1) and a perfect pivot and reach

On the fourth day of CHRSTmas WellPath Gave to me, 4 jabs with each hand, 3 front kicks (each side), 2 lateral step touches (left + right = 1) and a perfect pivot and reach

On the fifth day of CHRSTmas WellPath Gave to me, 5 front kick squats, 4 jabs with each hand, 3 front kicks (each side), 2 lateral step touches (left + right = 1) and a perfect pivot and reach

On the sixth day of CHRSTmas WellPath Gave to me, 6 Step Touches (forward and back), 5 front kick squats, 4 jabs with each hand, 3 front kicks (each side), 2 lateral step touches (left + right = 1) and a perfect pivot and reach

On the seventh day of CHRSTmas WellPath Gave to me, 7 cross punches (both hands = 1), 6 Step Touches (forward and back), 5 front kick squats, 4 jabs with each hand, 3 front kicks (each side), 2 lateral step touches (left + right = 1) and a perfect pivot and reach

On the Eighth day of CHRSTmas WellPath Gave to me, 8 side kicks (4 each leg), 7 cross punches (both hands = 1), 6 Step Touches (forward and back), 5 front kick squats, 4 jabs with each hand, 3 front kicks (each side), 2 lateral step touches (left + right = 1) and a perfect pivot and reach

On the Ninth day of CHRSTmas WellPath Gave to me, 9 uppercuts, 8 side kicks (4 each leg), 7 cross punches (both hands = 1), 6 Step Touches (forward and back), 5 front kick squats, 4 jabs with each hand, 3 front kicks (each side), 2 lateral step touches (left + right = 1) and a perfect pivot and reach

**Day 10: December 10<sup>th</sup> (continued)**

On the Tenth day of CHRSTmas WellPath Gave to me, 10 High knee marches, 9 uppercuts, 8 side kicks (4 each leg), 7 cross punches (both hands = 1), 6 Step Touches (forward and back), 5 front kick squats, 4 jabs with each hand, 3 front kicks (each side), 2 lateral step touches (left + right = 1) and a perfect pivot and reach

## Day 11: December 11th

On the first day of CHRISTmas WellPath gave to me, a perfect pivot and reach.

On the second day of CHRSTmas WellPath Gave to me, 2 lateral step touches (left + right = 1) and a perfect pivot and reach

On the third day of CHRSTmas WellPath Gave to me, 3 front kicks (each side), 2 lateral step touches (left + right = 1) and a perfect pivot and reach

On the fourth day of CHRSTmas WellPath Gave to me, 4 jabs with each hand, 3 front kicks (each side), 2 lateral step touches (left + right = 1) and a perfect pivot and reach

On the fifth day of CHRSTmas WellPath Gave to me, 5 front kick squats, 4 jabs with each hand, 3 front kicks (each side), 2 lateral step touches (left + right = 1) and a perfect pivot and reach

On the sixth day of CHRSTmas WellPath Gave to me, 6 Step Touches (forward and back), 5 front kick squats, 4 jabs with each hand, 3 front kicks (each side), 2 lateral step touches (left + right = 1) and a perfect pivot and reach

On the seventh day of CHRSTmas WellPath Gave to me, 7 cross punches (both hands = 1), 6 Step Touches (forward and back), 5 front kick squats, 4 jabs with each hand, 3 front kicks (each side), 2 lateral step touches (left + right = 1) and a perfect pivot and reach

On the Eighth day of CHRSTmas WellPath Gave to me, 8 side kicks (4 each leg), 7 cross punches (both hands = 1), 6 Step Touches (forward and back), 5 front kick squats, 4 jabs with each hand, 3 front kicks (each side), 2 lateral step touches (left + right = 1) and a perfect pivot and reach

On the Ninth day of CHRSTmas WellPath Gave to me, 9 uppercuts, 8 side kicks (4 each leg), 7 cross punches (both hands = 1), 6 Step Touches (forward and back), 5 front kick squats, 4 jabs with each hand, 3 front kicks (each side), 2 lateral step touches (left + right = 1) and a perfect pivot and reach

**Day 11: December 11<sup>th</sup> (continued)**

On the Eleventh day of CHRSTmas WellPath Gave to me, 11 Skater Squats, 10 High knee marches, 9 uppercuts, 8 side kicks (4 each leg), 7 cross punches (both hands = 1), 6 Step Touches (forward and back), 5 front kick squats, 4 jabs with each hand, 3 front kicks (each side), 2 lateral step touches (left + right = 1) and a perfect pivot and reach

## Day 12: December 12th

On the first day of CHRISTmas WellPath gave to me, a perfect pivot and reach.

On the second day of CHRSTmas WellPath Gave to me, 2 lateral step touches (left + right = 1) and a perfect pivot and reach

On the third day of CHRSTmas WellPath Gave to me, 3 front kicks (each side), 2 lateral step touches (left + right = 1) and a perfect pivot and reach

On the fourth day of CHRSTmas WellPath Gave to me, 4 jabs with each hand, 3 front kicks (each side), 2 lateral step touches (left + right = 1) and a perfect pivot and reach

On the fifth day of CHRSTmas WellPath Gave to me, 5 front kick squats, 4 jabs with each hand, 3 front kicks (each side), 2 lateral step touches (left + right = 1) and a perfect pivot and reach

On the sixth day of CHRSTmas WellPath Gave to me, 6 Step Touches (forward and back), 5 front kick squats, 4 jabs with each hand, 3 front kicks (each side), 2 lateral step touches (left + right = 1) and a perfect pivot and reach

On the seventh day of CHRSTmas WellPath Gave to me, 7 cross punches (both hands = 1), 6 Step Touches (forward and back), 5 front kick squats, 4 jabs with each hand, 3 front kicks (each side), 2 lateral step touches (left + right = 1) and a perfect pivot and reach

On the Eighth day of CHRSTmas WellPath Gave to me, 8 side kicks (4 each leg), 7 cross punches (both hands = 1), 6 Step Touches (forward and back), 5 front kick squats, 4 jabs with each hand, 3 front kicks (each side), 2 lateral step touches (left + right = 1) and a perfect pivot and reach

On the Ninth day of CHRSTmas WellPath Gave to me, 9 uppercuts, 8 side kicks (4 each leg), 7 cross punches (both hands = 1), 6 Step Touches (forward and back), 5 front kick squats, 4 jabs with each hand, 3 front kicks (each side), 2 lateral step touches (left + right = 1) and a perfect pivot and reach

## Day 12: December 12<sup>th</sup> (continued)

On the Eleventh day of CHRSTmas WellPath Gave to me, 11 Skater Squats, 10 High knee marches, 9 uppercuts, 8 side kicks (4 each leg), 7 cross punches (both hands = 1), 6 Step Touches (forward and back), 5 front kick squats, 4 jabs with each hand, 3 front kicks (each side), 2 lateral step touches (left + right = 1) and a perfect pivot and reach

On the Twelfth day of CHRSTmas WellPath Gave to me, 12 cross punches, 11 Skater Squats, 10 High knee marches, 9 uppercuts, 8 side kicks (4 each leg), 7 cross punches (both hands = 1), 6 Step Touches (forward and back), 5 front kick squats, 4 jabs with each hand, 3 front kicks (each side), 2 lateral step touches (left + right = 1) and a perfect pivot and reach

Repeat Day 12 a minimum of 5 days/week in December.

**December 13<sup>th</sup>: Repeat 12<sup>th</sup> Day** (December 12<sup>th</sup>'s workout).

**December 14<sup>th</sup>: Repeat 12<sup>th</sup> Day** (December 12<sup>th</sup>'s workout).

**December 15<sup>th</sup>: Rest or repeat 12<sup>th</sup> Day** (December 12<sup>th</sup>'s workout).

**December 16<sup>th</sup>: Repeat 12<sup>th</sup> Day** (December 12<sup>th</sup>'s workout).

**December 17<sup>th</sup>: Repeat 12<sup>th</sup> Day** (December 12<sup>th</sup>'s workout).

**December 19<sup>th</sup>: Repeat 12<sup>th</sup> Day** (December 12<sup>th</sup>'s workout).

**December 20<sup>th</sup>: Repeat 12<sup>th</sup> Day** (December 12<sup>th</sup>'s workout).

**December 21<sup>st</sup>: Repeat 12<sup>th</sup> Day** (December 12<sup>th</sup>'s workout).

**December 22<sup>nd</sup>: Rest or repeat 12<sup>th</sup> Day** (December 12<sup>th</sup>'s workout).

**December 23<sup>rd</sup>: Repeat 12<sup>th</sup> Day** (December 12<sup>th</sup>'s workout).

**December 24<sup>th</sup>: Repeat 12<sup>th</sup> Day** (December 12<sup>th</sup>'s workout).

**December 25<sup>th</sup>: Rest or repeat 12<sup>th</sup> Day** (December 12<sup>th</sup>'s workout).

**December 26<sup>th</sup>: Repeat 12<sup>th</sup> Day** (December 12<sup>th</sup>'s workout).

**December 27<sup>th</sup>: Repeat 12<sup>th</sup> Day** (December 12<sup>th</sup>'s workout).

**December 28<sup>th</sup>: Repeat 12<sup>th</sup> Day** (December 12<sup>th</sup>'s workout).

**December 29<sup>th</sup>: Rest or repeat 12<sup>th</sup> Day** (December 12<sup>th</sup>'s workout).

**December 30<sup>th</sup>: Repeat 12<sup>th</sup> Day** (December 12<sup>th</sup>'s workout).

**December 31<sup>st</sup>: Repeat 12<sup>th</sup> Day** (December 12<sup>th</sup>'s workout).

Merry CHRISTmas and a Happy New Year: You just earned 50 WellPath Points. Visit [www.wellpath.info/12-days-challenge](http://www.wellpath.info/12-days-challenge) for information about reporting and completing the post-challenge evaluation.

## The Challenge:

Boxer Enter your exercises

				Days of CHRISTmas											
Day	Exercise	Reps	Sets	1	2	3	4	5	6	7	8	9	10	11	12
1st day	<a href="#">Pivot and Reach (each direction)</a>	1	12	1	2	3	4	5	6	7	8	9	10	11	12
2nd day	<a href="#">Lateral Step Touch (left + right = 1)</a>	2	11		2	4	6	8	10	12	14	16	18	20	22
3rd day	<a href="#">Front kicks (left + right = 1)</a>	3	10			3	6	9	12	15	18	21	24	27	30
4th day	<a href="#">Jabs (each hand)</a>	4	9				4	8	12	16	20	24	28	32	36
5th day	<a href="#">Front kicks w squats (left + right = 1)</a>	5	8					5	10	15	15	45	30	55	40
6th day	<a href="#">Step Touch (forward/back)</a>	6	7						6	12	18	24	30	36	42
7th day	<a href="#">Cross Punches (each hand)</a>	7	6							7	14	21	28	35	42
8th day	<a href="#">Side Kicks (four each side)</a>	8	5								8	16	24	32	40
9th day	<a href="#">Uppercuts</a>	9	4									9	18	27	36
10th day	<a href="#">High-knee march (reach/pull)</a>	10	3										10	20	30
11th day	<a href="#">Skater Squats</a>	11	2											11	22
12th day	<a href="#">Cross Punches (each hand)</a>	12	1												12

Do exercises in order as the song 12 Days of Christmas.

On day one, do only the exercise for day one

On day two start the song over: Do the first day (exercise 1), then do the second day (exercise 2 + 1).

On day three, start the song over: Do the first day (exercise 1) then do the second day (exercise 2 + 1), then the third day (exercise 3+2+1)

On day four, start the song over: Do the first day (exercise 1) then do the second day (exercise 2 + 1), then the third day (exercise 3+2+1), then day four (exercise 4+3+2+1)

Repeat to 12 days which will doing all 12 days of exercise consecutively (or rest when you want).

Days 13 - 31, do your 12-days of CHRISTmas challenge routine 5 or more days/week.

[Click here](#) to download *The Boxer* routine

When you [download the tracker](#) you will see that the names of the exercises are hyperlinks to descriptions of how to do the exercises correctly. At the challenge web site you can find a list of alternative exercises if you don't like an exercise or are finding an exercise difficult.

In the Reps (repetitions) column you will see the number of times you perform each exercise, each time you do that exercise. As you progress through the song each day, you will see the number of sets and reps of each exercise increase. At the far right, in the column on the 12<sup>th</sup> Day of Christmas you see that you are performing each exercise a minimum of 12 reps and some as much as 42 reps during the routine. The whole routine should take less than 20 minutes with breaks.

Use the tracker (below) to mark off the days you exercise. You will be signing and turning in your tracker at the end of the challenge.

Boxer Enter your exercises

				Days of CHRISTmas											
Day	Exercise	Reps	Sets	1	2	3	4	5	6	7	8	9	10	11	12
1st day	<a href="#">Pivot and Reach (each direction)</a>	1	12	1	2	3	4	5	6	7	8	9	10	11	12
2nd day	<a href="#">Lateral Step Touch (left + right = 1)</a>	2	11		2	4	6	8	10	12	14	16	18	20	22
3rd day	<a href="#">Front kicks (left + right = 1)</a>	3	10			3	6	9	12	15	18	21	24	27	30
4th day	<a href="#">Jabs (each hand)</a>	4	9				4	8	12	16	20	24	28	32	36
5th day	<a href="#">Front kicks w squats (left + right = 1)</a>	5	8					5	10	15	15	45	30	55	40
6th day	<a href="#">Step Touch (forward/back)</a>	6	7						6	12	18	24	30	36	42
7th day	<a href="#">Cross Punches (each hand)</a>	7	6							7	14	21	28	35	42
8th day	<a href="#">Side Kicks (four each side)</a>	8	5								8	16	24	32	40
9th day	<a href="#">Uppercuts</a>	9	4									9	18	27	36
10th day	<a href="#">High-knee march (reach/pull)</a>	10	3										10	20	30
11th day	<a href="#">Skater Squats</a>	11	2											11	22
12th day	<a href="#">Cross Punches (each hand)</a>	12	1												12

Do exercises in order as the song 12 Days of Christmas.  
 On day one, do only the exercise for day one  
 On day two start the song over: Do the first day (exercise 1), then do the second day (exercise 2 + 1).  
 On day three, start the song over: Do the first day (exercise 1) then do the second day (exercise 2 + 1), then the third day (exercise 3+2+1)  
 On day four, start the song over: Do the first day (exercise 1) then do the second day (exercise 2 + 1), then the third day (exercise 3+2+1), then day four (exercise 4+3+2+1)  
 Repeat to 12 days which will doing all 12 days of exercise consecutively (or rest when you want).  
 Days 13 - 31, do your 12-days of CHRISTmas challenge routine 5 or more days/week.

Tracker: The 12-days of CHRISTmas:

Day 1 December 1st	Day 2 December 2nd	Day 3 December 3rd	Day 4 December 4th	Day 5 December 5th	Day 6 December 6th	Day 7 December 7th
Day 8 December 8th	Day 9 December 9th	Day 10 December 10th	Day 11 December 11th	Day 12 December 12th		

Do your routine (day 12) at least 3x of the next 19 days:

December 13th	December 14th	December 15th	December 16th	December 17th	December 18th	December 19th
December 20th	December 21st	December 22nd	December 23rd	December 24th	December 25th	December 26th
December 27th	December 28th	December 29th	December 30th	December 31st	Happy New Year!	

My signature below testifies that I successfully completed the 30 day, 12 days of CHRISTmas Challenge as indicated on this tracker.

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