

The 12 Days of Christmas (Legs)

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 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 single Burpee.

Day Two: December 2nd



On the first day of CHRISTmas WellPath gave to me, a single Burpee.



On the second day of CHRSTmas WellPath Gave to me, 2 Jumping Jacks, and a single Burpee.

Day Three: December 3rd



On the first day of CHRISTmas WellPath gave to me, a single Burpee.



On the second day of CHRSTmas WellPath gave to me, 2 Jumping Jacks, and a single Burpee.



On the third day of CHRSTmas WellPath gave to me, 3 calf raises, (each side=1), 2 jumping jacks, and a single Burpee.

Day Four: December 4th



On the first day of CHRISTmas WellPath gave to me, a single Burpee.



On the second day of CHRISTmas WellPath gave to me, 2 jumping jacks, and a single Burpee.



On the third day of CHRISTmas WellPath gave to me, 3 calf raises, (each side=1), 2 jumping jacks, and a single Burpee.



On the fourth day of CHRISTmas WellPath gave to me, 4 Front Kick Squats (left + right = 1), 3 calf raises, (each side = 1), 2 jumping jacks, and a single Burpee.

Day Five: December 5th



On the first day of CHRISTmas WellPath gave to me, a single Burpee



On the second day of CHRISTmas WellPath gave to me, 2 jumping jacks, and a single Burpee.



On the third day of CHRISTmas WellPath gave to me, 3 calf raises, (each side=1), 2 jumping jacks, and a single Burpee.



On the fourth day of CHRISTmas WellPath gave to me, 4 Front Kick Squats (left + right = 1), 3 calf raises, (each side = 1), 2 jumping jacks, and a single Burpee.



On the fifth day of CHRSTmas WellPath gave to me, 5 High Knee Marches ($L+R=1$), 4 Front Kick Squats ($left + right = 1$), 3 calf raises, (each side=1), 2 Jumping Jacks, and a single Burpee.

Day Six: December 6th



On the first day of CHRISTmas WellPath gave to me, a single Burpee.



On the second day of CHRISTmas WellPath gave to me, 2 Jumping Jacks, and a single Burpee.



On the third day of CHRISTmas WellPath gave to me, 3 calf raises, (each side=1), 2 Jumping Jacks, and a single Burpee.



On the fourth day of CHRISTmas WellPath gave to me, 4 Front Kick Squats (left + right = 1), 3 calf raises, (each side=1), 2 Jumping Jacks, and a single Burpee.



On the fifth day of CHRISTmas WellPath gave to me, 5 High Knee Marches (L+R = 1), 4 Front Kick Squats (left + right = 1), 3 calf raises, (each side=1), 2 Jumping Jacks, and a single Burpee.

On the sixth day of CHRISTmas WellPath gave to me, 6 Lunges (each side=1), 5 High Knee Marches (L+R = 1), 4 Front Kick Squats (left + right = 1), 3 calf raises, (each side=1), 2 Jumping Jacks, and a single Burpee.

Day Seven: December 7th



On the first day of CHRISTmas WellPath gave to me, a single Burpee.

On the second day of CHRSTmas WellPath Gave to me, 2 Jumping Jacks, and a single Burpee.

On the third day of CHRSTmas WellPath Gave to me, 3 calf raises, (each side=1), 2 Jumping Jacks, and a single Burpee.

On the fourth day of CHRSTmas WellPath Gave to me, 4 Front Kick Squats (left + right = 1), 3 calf raises, (each side=1), 2 Jumping Jacks, and a single Burpee.

On the fifth day of CHRSTmas WellPath Gave to me, 5 High Knee Marches (L+R = 1), 4 Front Kick Squats (left + right = 1), 3 calf raises, (each side=1), 2 Jumping Jacks, and a single Burpee.

On the sixth day of CHRSTmas WellPath Gave to me, 6 Lunges (each side=1), 5 High Knee Marches (L+R = 1), 4 Front Kick Squats (left + right = 1), 3 calf raises, (each side=1), 2 Jumping Jacks, and a single Burpee.

On the seventh day of CHRSTmas WellPath Gave to me, 7 skater squats, 6 Lunges (each side=1), 5 High Knee Marches (L+R = 1), 4 Front Kick Squats (left + right = 1), 3 calf raises, (each side=1), 2 Jumping Jacks, and a single Burpee.



Day Eight: December 8th



On the first day of CHRISTmas WellPath gave to me, a single Burpee.

On the second day of CHRISTmas WellPath Gave to me, 2 Jumping Jacks, and a single Burpee.

On the third day of CHRISTmas WellPath Gave to me, 3 calf raises, (each side=1), 2 Jumping Jacks, and a single Burpee.

On the fourth day of CHRISTmas WellPath Gave to me, 4 Front Kick Squats (left + right = 1), 3 calf raises, (each side=1), 2 Jumping Jacks, and a single Burpee.

On the fifth day of CHRISTmas WellPath Gave to me, 5 High Knee Marches (L+R = 1), 4 Front Kick Squats (left + right = 1), 3 calf raises, (each side=1), 2 Jumping Jacks, and a single Burpee.

On the sixth day of CHRISTmas WellPath Gave to me, 6 Lunges (each side=1), 5 High Knee Marches (L+R = 1), 4 Front Kick Squats (left + right = 1), 3 calf raises, (each side=1), 2 Jumping Jacks, and a single Burpee.

On the seventh day of CHRISTmas WellPath Gave to me, 7 skater squats, 6 Lunges (each side=1), 5 High Knee Marches (L+R = 1), 4 Front Kick Squats (left + right = 1), 3 calf raises, (each side=1), 2 Jumping Jacks, and a single Burpee.

On the eighth day of CHRISTmas WellPath Gave to me, 8 side kicks (4 each side), 7 skater squats, 6 Lunges (each side=1), 5 High Knee Marches (L+R = 1), 4 Front Kick Squats (left + right = 1), 3 calf raises, (each side=1), 2 Jumping Jacks, and a single Burpee.



Day Nine: December 9th

On the first day of CHRISTmas WellPath gave to me, a single Burpee.

On the second day of CHRSTmas WellPath Gave to me, 2 Jumping Jacks, and a single Burpee.

On the third day of CHRSTmas WellPath Gave to me, 3 calf raises, (each side=1), 2 Jumping Jacks, and a single Burpee.

On the fourth day of CHRSTmas WellPath Gave to me, 4 Front Kick Squats (left + right = 1), 3 calf raises, (each side=1), 2 Jumping Jacks, and a single Burpee.

On the fifth day of CHRSTmas WellPath Gave to me, 5 High Knee Marches (L+R = 1), 4 Front Kick Squats (left + right = 1), 3 calf raises, (each side=1), 2 Jumping Jacks, and a single Burpee.

On the sixth day of CHRSTmas WellPath Gave to me, 6 Lunges (each side=1), 5 High Knee Marches (L+R = 1), 4 Front Kick Squats (left + right = 1), 3 calf raises, (each side=1), 2 Jumping Jacks, and a single Burpee.

On the seventh day of CHRSTmas WellPath Gave to me, 7 skater squats, 6 Lunges (each side=1), 5 High Knee Marches (L+R = 1), 4 Front Kick Squats (left + right = 1), 3 calf raises, (each side=1), 2 Jumping Jacks, and a single Burpee.

On the eighth day of CHRSTmas WellPath Gave to me, 8 side kicks (4 each sid), 7 skater squats, 6 Lunges (each side=1), 5 High Knee Marches (L+R = 1), 4 Front Kick Squats (left + right = 1), 3 calf raises, (each side=1), 2 Jumping Jacks, and a single Burpee.

On the Ninth day of CHRSTmas WellPath Gave to me, 9 T-stands, 8 side kicks (4 each sid), 7 skater squats, 6 Lunges (each side=1), 5 High Knee Marches (L+R = 1), 4 Front Kick Squats (left + right = 1), 3 calf raises, (each side=1), 2 Jumping Jacks, and a single Burpee.



Day 10: December 10th

On the first day of CHRISTmas WellPath gave to me, a single Burpee.

On the second day of CHRSTmas WellPath Gave to me, 2 Jumping Jacks, and a single Burpee.

On the third day of CHRSTmas WellPath Gave to me, 3 calf raises, (each side=1), 2 Jumping Jacks, and a single Burpee.

On the fourth day of CHRSTmas WellPath Gave to me, 4 Front Kick Squats (left + right = 1), 3 calf raises, (each side=1), 2 Jumping Jacks, and a single Burpee.

On the fifth day of CHRSTmas WellPath Gave to me, 5 High Knee Marches (L+R = 1), 4 Front Kick Squats (left + right = 1), 3 calf raises, (each side=1), 2 Jumping Jacks, and a single Burpee.

On the sixth day of CHRSTmas WellPath Gave to me, 6 Lunges (each side=1), 5 High Knee Marches (L+R = 1), 4 Front Kick Squats (left + right = 1), 3 calf raises, (each side=1), 2 Jumping Jacks, and a single Burpee.

On the seventh day of CHRSTmas WellPath Gave to me, 7 skater squats, 6 Lunges (each side=1), 5 High Knee Marches (L+R = 1), 4 Front Kick Squats (left + right = 1), 3 calf raises, (each side=1), 2 Jumping Jacks, and a single Burpee.

On the eighth day of CHRSTmas WellPath Gave to me, 8 side kicks (4 each sid), 7 skater squats, 6 Lunges (each side=1), 5 High Knee Marches (L+R = 1), 4 Front Kick Squats (left + right = 1), 3 calf raises, (each side=1), 2 Jumping Jacks, and a single Burpee.

On the Ninth day of CHRSTmas WellPath Gave to me, 9 T-stands, 8 side kicks (4 each sid), 7 skater squats, 6 Lunges (each side=1), 5 High Knee Marches (L+R = 1), 4 Front Kick Squats (left + right = 1), 3 calf raises, (each side=1), 2 Jumping Jacks, and a single Burpee.

Day 10: **December 10th** (continued)

On the Tenth day of CHRSTmas WellPath Gave to me, 10 Back extensions, 9 T-stands, 8 side kicks (4 each side), 7 skater squats, 6 Lunges (each side=1), 5 High Knee Marches (L+R=1), 4 Front Kick Squats (left + right = 1), 3 calf raises, (each side=1), 2 Jumping Jacks, and a single Burpee.

Day 11: December 11th

On the first day of CHRISTmas WellPath gave to me, a single Burpee.

On the second day of CHRSTmas WellPath Gave to me, 2 Jumping Jacks, and a single Burpee.

On the third day of CHRSTmas WellPath Gave to me, 3 calf raises, (each side=1), 2 Jumping Jacks, and a single Burpee.

On the fourth day of CHRSTmas WellPath Gave to me, 4 Front Kick Squats (left + right = 1), 3 calf raises, (each side=1), 2 Jumping Jacks, and a single Burpee.

On the fifth day of CHRSTmas WellPath Gave to me, 5 High Knee Marches (L+R = 1), 4 Front Kick Squats (left + right = 1), 3 calf raises, (each side=1), 2 Jumping Jacks, and a single Burpee.

On the sixth day of CHRSTmas WellPath Gave to me, 6 Lunges (each side=1), 5 High Knee Marches (L+R = 1), 4 Front Kick Squats (left + right = 1), 3 calf raises, (each side=1), 2 Jumping Jacks, and a single Burpee.

On the seventh day of CHRSTmas WellPath Gave to me, 7 skater squats, 6 Lunges (each side=1), 5 High Knee Marches (L+R = 1), 4 Front Kick Squats (left + right = 1), 3 calf raises, (each side=1), 2 Jumping Jacks, and a single Burpee.

On the eighth day of CHRSTmas WellPath Gave to me, 8 side kicks (4 each sid), 7 skater squats, 6 Lunges (each side=1), 5 High Knee Marches (L+R = 1), 4 Front Kick Squats (left + right = 1), 3 calf raises, (each side=1), 2 Jumping Jacks, and a single Burpee.

On the Ninth day of CHRSTmas WellPath Gave to me, 9 T-stands, 8 side kicks (4 each sid), 7 skater squats, 6 Lunges (each side=1), 5 High Knee Marches (L+R = 1), 4 Front Kick Squats (left + right = 1), 3 calf raises, (each side=1), 2 Jumping Jacks, and a single Burpee.

Day 11: December 11th (continued)

On the Tenth day of CHRISTmas WellPath Gave to me, 10 Back extensions, 9 T-stands, 8 side kicks (4 each side), 7 skater squats, 6 Lunges (each side=1), 5 High Knee Marches (L+R=1), 4 Front Kick Squats (left + right=1), 3 calf raises, (each side=1), 2 Jumping Jacks, and a single Burpee.

On the eleventh day of CHRISTmas WellPath gave to me, 11 bridges, 10 Back extensions, 9 T-stands, 8 side kicks (4 each side), 7 skater squats, 6 Lunges (each side=1), 5 High Knee Marches (L+R=1), 4 Front Kick Squats (left + right=1), 3 calf raises, (each side=1), 2 jumping jacks, and a single Burpee.



Day 12: December 12th

On the first day of CHRISTmas WellPath gave to me, a single Burpee.

On the second day of CHRSTmas WellPath Gave to me, 2 Jumping Jacks, and a single Burpee.

On the third day of CHRSTmas WellPath Gave to me, 3 calf raises, (each side=1), 2 Jumping Jacks, and a single Burpee.

On the fourth day of CHRSTmas WellPath Gave to me, 4 Front Kick Squats (left + right = 1), 3 calf raises, (each side=1), 2 Jumping Jacks, and a single Burpee.

On the fifth day of CHRSTmas WellPath Gave to me, 5 High Knee Marches (L+R = 1), 4 Front Kick Squats (left + right = 1), 3 calf raises, (each side=1), 2 Jumping Jacks, and a single Burpee.

On the sixth day of CHRSTmas WellPath Gave to me, 6 Lunges (each side=1), 5 High Knee Marches (L+R = 1), 4 Front Kick Squats (left + right = 1), 3 calf raises, (each side=1), 2 Jumping Jacks, and a single Burpee.

On the seventh day of CHRSTmas WellPath Gave to me, 7 skater squats, 6 Lunges (each side=1), 5 High Knee Marches (L+R = 1), 4 Front Kick Squats (left + right = 1), 3 calf raises, (each side=1), 2 Jumping Jacks, and a single Burpee.

On the eighth day of CHRSTmas WellPath Gave to me, 8 side kicks (4 each sid), 7 skater squats, 6 Lunges (each side=1), 5 High Knee Marches (L+R = 1), 4 Front Kick Squats (left + right = 1), 3 calf raises, (each side=1), 2 Jumping Jacks, and a single Burpee.

On the Ninth day of CHRSTmas WellPath Gave to me, 9 T-stands, 8 side kicks (4 each sid), 7 skater squats, 6 Lunges (each side=1), 5 High Knee Marches (L+R = 1), 4 Front Kick Squats (left + right = 1), 3 calf raises, (each side=1), 2 Jumping Jacks, and a single Burpee.

Day 12: December 12th (continued)

On the Tenth day of CHRISTmas WellPath gave to me, 10 Back extensions, 9 T-stands, 8 side kicks (4 each side), 7 skater squats, 6 Lunges (each side=1), 5 High Knee Marches (L+R=1), 4 Front Kick Squats (left + right = 1), 3 calf raises, (each side=1), 2 jumping jacks, and a single Burpee.

On the eleventh day of CHRISTmas WellPath gave to me, 11 bridges, 10 Back extensions, 9 T-stands, 8 side kicks (4 each side), 7 skater squats, 6 Lunges (each side=1), 5 High Knee Marches (L+R=1), 4 Front Kick Squats (left + right = 1), 3 calf raises, (each side=1), 2 Jumping Jacks, and a single Burpee.

On the Twelfth day of CHRISTmas WellPath gave to me, 12 leg adductions (6 each side), 11 bridges, 10 Back extensions, 9 T-stands, 8 side kicks (4 each side), 7 skater squats, 6 Lunges (each side=1), 5 High Knee Marches (L+R=1), 4 Front Kick Squats (left + right=1), 3 calf raises, (each side=1), 2 Jumping Jacks, and a single Burpee.



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

December 13th: Repeat 12th Day (December 12th's workout).

December 14th: Repeat 12th Day (December 12th's workout).

December 15th: Rest or repeat 12th Day (December 12th's workout).

December 16th: Repeat 12th Day (December 12th's workout).

December 17th: Repeat 12th Day (December 12th's workout).

December 19th: Repeat 12th Day (December 12th's workout).

December 20th: Repeat 12th Day (December 12th's workout).

December 21st: Repeat 12th Day (December 12th's workout).

December 22nd: Rest or repeat 12th Day (December 12th's workout).

December 23rd: Repeat 12th Day (December 12th's workout).

December 24th: Repeat 12th Day (December 12th's workout).

December 25th: Rest or repeat 12th Day (December 12th's workout).

December 26th: Repeat 12th Day (December 12th's workout).

December 27th: Repeat 12th Day (December 12th's workout).

December 28th: Repeat 12th Day (December 12th's workout).

December 29th: Rest or repeat 12th Day (December 12th's workout).

December 30th: Repeat 12th Day (December 12th's workout).

December 31st: Repeat 12th Day (December 12th's workout).

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

The Challenge: Legs

Legs		Enter your exercises		Days of CHRISTmas											
		Warm-up first													
Day	Exercise	Reps	Sets	1	2	3	4	5	6	7	8	9	10	11	12
1st day	Burpee	1	12	1	2	3	4	5	6	7	8	9	10	11	12
2nd day	Jumping Jacks	2	11		2	4	6	8	10	12	14	16	18	20	22
3rd day	Calf raises (3 each leg)	3	10			3	6	9	12	15	18	21	24	27	30
4th day	Front kicks w squats (left + right = 1)	4	9				4	8	12	16	20	24	28	32	36
5th day	High-knee march (reach/pull)	5	8					5	10	15	15	45	30	55	40
6th day	Lunges	6	7						6	12	18	24	30	36	42
7th day	Skater Squats	7	6							7	14	21	28	35	42
8th day	Side Kicks (four each side)	8	5								8	16	24	32	40
9th day	T-stand (alternate legs)	9	4									9	18	27	36
10th day	Back Extension	10	3										10	20	30
11th day	Bridges (single leg - alternate legs)	11	2											11	22
12th day	Adduction (lying (6 each side)	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 Core* 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 12th 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

Day	Exercise	Reps	Sets	Days of CHRISTmas											
				1	2	3	4	5	6	7	8	9	10	11	12
1st day	Pivot and Reach (each direction)	1	12	1	2	3	4	5	6	7	8	9	10	11	12
2nd day	Lateral Step Touch (left + right = 1)	2	11	2	4	6	8	10	12	14	16	18	20	22	
3rd day	Front Kicks (left + right = 1)	3	10	3	6	9	12	15	18	21	24	27	30		
4th day	Jabs (each hand)	4	9	4	8	12	16	20	24	28	32	36			
5th day	Front Kicks w/ Squats (left + right = 1)	5	8	5	10	15	20	25	30	35	40				
6th day	Step Touch (forward/back)	6	7	6	12	18	24	30	36	42					
7th day	Cross Punches (each hand)	7	6	7	14	21	28	35	42						
8th day	Side Kicks (four each side)	8	5	8	16	24	32	40							
9th day	Vaqueritos	9	4	9	18	27	36								
10th day	High-knee march (each/side)	10	3	10	20	30									
11th day	Skater Squats	11	2	11	22										
12th day	Cross Punches (each hand)	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	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7
December 1st	December 2nd	December 3rd	December 4th	December 5th	December 6th	December 7th
December 8th	December 9th	December 10th	December 11th	December 12th		
Do your routine (day 12) at least 13 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.

x _____