



**Exercises:** Feel free to swap out exercises using the list below. You want to choose exercises which you do safely. When you do the same exercises daily and when you do many repetitions of exercise in one exercise routine it can be hard on your body. Consider the following to make your participation in the 12 Days challenge safe:

- Listen to your body, if you are unable to perform an exercise correctly due to limitations of fatigue, stop.
- Pause during the exercise routine if you are unduly fatigued. Some times a small break can make all the difference.
- Don't do too many exercises using the same muscles or joints. Mix up the exercises to exercise different muscles and joints.
- Swap out exercises until you have the perfect exercise routine.
- Contact [wellness@srpmic-nsn.gov](mailto:wellness@srpmic-nsn.gov), or the WellPath coaches ([www.wellpath.info/coaching](http://www.wellpath.info/coaching)) if you have any questions or would like help.
- Don't do any exercise or exercise routine if you have any doubt that you can do the exercises safely. Check with your doctor before starting exercise or if you have any symptoms which concern you when you exercise.



**Day One: Wall sitting (10 seconds)**

Alternate Exercises (Substitute choosing one exercise from below for this day):

[Squats](#) (3 or less)

[Jumping jacks](#) (5 or less)

[Jumping jacks \(modified\)](#) (5 or less)

[March in place](#) (high knees) (10 seconds)

[March in place](#) (10 seconds)

**Day Two: Lunges (2)**

Alternate Exercises (Substitute choosing one exercise from below for this day)

[Lateral step touch](#) (2x (right and left)

[Standing adduction](#) (2 reps each leg)

[Standing abduction](#) (2 reps each leg)

[Lunges \(stationary\)](#) (2 reps each leg)

[Squats with chair](#) (single leg or regular squat)

**Day Three: Snowboarders (3)**

Alternate Exercises (Substitute choosing one exercise from below for this day)

[Jumping jacks \(modified\)](#) (3 or less)

[Reverse Disco Step](#) (3 each side)

[Front Kicks](#) (3 each leg)

[Calf stretch](#) (3 each leg)

[Calf raises](#) (with chair or wall) (3)



#### **Day Four: Windmill Planks (4)**

Alternate Exercises (Substitute choosing one exercise from below for this day)

[Plank Modified](#) (3 sets of 5-10 seconds)

[Bridges](#) (full body) (4)

[Airplane pose](#) (4 = 2xs each leg)

[Dolphin pose](#) (4)

[T-stand](#) (4)

#### **Day Five: Superman (5)**

Alternate Exercises (Substitute choosing one exercise from below for this day)

Lift only the arms or lift only the legs or alternate

[Dolphin pose](#) (4)

[T-stand](#) (4)

[Back extension](#) (4)

[Genie sit](#) (4)

#### **Day Six: Side lunges (6)**

Alternate Exercises (Substitute choosing one exercise from below for this day)

Modified lunges in the video

[Lunges stationary](#) (with/without arm raise) (3 each leg)

[Single leg squats](#) with chair (6) or regular leg squats

#### **Day Seven: Jump Squats (7)**

Alternate Exercises (Substitute choosing one exercise from below for this day)

[Twisty hops](#) (7)

[Skater hops](#) (3 each leg or 4 each leg)

[Pivot and reach](#) (3 each side or 4 each side)



**Day Eight: Mountain climbers (8)**

Alternate Exercises (Substitute choosing one exercise from below for this day)

[Plank jumping jacks](#) (8)

[Back Extension](#) (8)

[Forward bend](#) Seated (8 seconds 3 or 4 times)

[Adduction](#) (lying) 4 each side or leg

**Day Nine: Push-ups (9)**

Alternate Exercises (Substitute choosing one exercise from below for this day)

[Dolphin pose](#) (4)

[T-stand](#) (4)

[Triceps dips](#) (bent legs) (9)

[Triceps dips](#) (straight legs) (9) (make sure you have good stationary base for dips)

[Push ups inclined](#) (9)

**Day Ten: Skater Leaps (10)**

Alternate Exercises (Substitute choosing one exercise from below for this day)

[Twisty hops](#) (7)

[Skater hops](#) (3 each leg or 4 each leg)

[Pivot and reach](#) (3 each side or 4 each side)

[T-stand](#) (4)



### Day Eleven: Jumping Jacks (11)

Alternate Exercises (Substitute choosing one exercise from below for this day)

[Twisty hops](#) (11)

[Skater hops](#) (5 each leg or 6 each leg)

[Pivot and reach](#) (5 each side or 6 each side)

[T-stand](#) (11)

[Jumping jacks \(modified\)](#) (11 or less)

[Reverse Disco Step](#) (5 or 6 each side)

[Front Kicks](#) (5 or 6 each leg)

### Day Twelve: Burpies (12)

Alternate Exercises (Substitute choosing one exercise from below for this day)

[Cross punches](#) (12)

[Front kick with squats](#) (12 – 6 kicks each leg).

[Torso Stretch](#) (cool down)

[Airplane pose](#) (4 = 2xs each leg)

[Dolphin pose](#) (4)

[T-stand](#) (4)

For a more extensive list of exercises look at the resources page of

<http://www.wellpath.info/12-days-challenge.html>