12 DAYS · DEC 13 – 24, 2026

12 Days of Fitness

HARDER

Add one move a day. Finish on Christmas Eve.

HOW IT WORKS

1. Warm up for 3 minutes (page 2).
2. Full: do today's new move, then every move before it.
3. Minimum: today's new move only. Both circles count the same.

Finish line · Dec 24

78 reps on Day 12. Or 12 days of showing up. Both count.

1
SUN · DEC 13

New: Burpee
× 1

FULL LADDER · 1 REP

TIME _____
◯ FULL ◯ MINIMUM

2
MON · DEC 14

New: Push-ups
× 2

FULL LADDER · 3 REPS
+ Burpee 1

TIME _____
◯ FULL ◯ MINIMUM

3
TUE · DEC 15

New: Lunges
× 3 each leg

FULL LADDER · 6 REPS
+ Burpee 1, Push-ups 2

TIME _____
◯ FULL ◯ MINIMUM

4
WED · DEC 16

New: Plank shoulder taps
× 4 each side

FULL LADDER · 10 REPS
+ Burpee 1, Push-ups 2, Lunges 3

TIME _____
◯ FULL ◯ MINIMUM

5
THU · DEC 17

New: Glute bridges
× 5

FULL LADDER · 15 REPS
+ Burpee 1, Push-ups 2, Lunges 3, Plank shoulder taps 4

TIME _____
◯ FULL ◯ MINIMUM

6
FRI · DEC 18

New: Mountain climbers
× 6 each leg

FULL LADDER · 21 REPS
+ Burpee 1, Push-ups 2, Lunges 3, Plank shoulder taps 4, Glute bridges 5

TIME _____
◯ FULL ◯ MINIMUM

7
SAT · DEC 19

New: Squats
× 7

FULL LADDER · 28 REPS
+ Burpee 1, Push-ups 2, Lunges 3, Plank shoulder taps 4, Glute bridges 5, Mountain climbers 6

TIME _____
◯ FULL ◯ MINIMUM

8
SUN · DEC 20

New: Superman holds
× 8

FULL LADDER · 36 REPS
+ Burpee 1, Push-ups 2, Lunges 3, Plank shoulder taps 4, Glute bridges 5, Mountain climbers 6, Squats 7

TIME _____
◯ FULL ◯ MINIMUM

9
MON · DEC 21

New: Chair dips
× 9

FULL LADDER · 45 REPS
+ Burpee 1, Push-ups 2, Lunges 3, Plank shoulder taps 4, Glute bridges 5, Mountain climbers 6, Squats 7, Superman holds 8

TIME _____
◯ FULL ◯ MINIMUM

10
TUE · DEC 22

New: High knees
× 10 each leg

FULL LADDER · 55 REPS
+ Burpee 1, Push-ups 2, Lunges 3, Plank shoulder taps 4, Glute bridges 5, Mountain climbers 6, Squats 7, Superman holds 8, Chair dips 9

TIME _____
◯ FULL ◯ MINIMUM

11
WED · DEC 23

New: Bicycle crunches
× 11 each side

FULL LADDER · 66 REPS
+ Burpee 1, Push-ups 2, Lunges 3, Plank shoulder taps 4, Glute bridges 5, Mountain climbers 6, Squats 7, Superman holds 8, Chair dips 9, High knees 10

TIME _____
◯ FULL ◯ MINIMUM

12
THU · DEC 24

New: Jumping jacks
× 12

FULL LADDER · 78 REPS
+ Burpee 1, Push-ups 2, Lunges 3, Plank shoulder taps 4, Glute bridges 5, Mountain climbers 6, Squats 7, Superman holds 8, Chair dips 9, High knees 10, Bicycle crunches 11

TIME _____
◯ FULL ◯ MINIMUM

Both circles count the same. Busy day? Do the minimum. Missed one? Do today's ladder, not double. Miss once, never twice.

Move Guide

HARDER

No equipment. Every move has an easier and a harder version.

3-minute warm-up

30 s march on the spot · 30 s arm circles · 30 s hip circles · 30 s bodyweight squats, slow · 1 min easy high knees

2-minute cool-down

Slow walk · stretch thighs, hips, chest and shoulders, 20 s each

#	MOVE	REPS	HOW TO DO IT	EASIER	HARDER
1	**Burpee**	× 1	Squat, hands down, jump feet back, back in, jump up.	Step back instead of jumping	Add a push-up
2	**Push-ups**	× 2	Hands under shoulders, body straight, chest to floor.	Knees down or hands on a wall	Feet on a step
3	**Lunges**	× 3 each leg	Big step forward, back knee towards the floor, push back up.	Hold a chair for balance	Reverse lunge with a knee drive
4	**Plank shoulder taps**	× 4 each side	High plank, tap the opposite shoulder, hips still.	Knees down	Feet closer together
5	**Glute bridges**	× 5	On your back, knees bent, lift hips, squeeze, lower.	Smaller range	One leg at a time
6	**Mountain climbers**	× 6 each leg	High plank, drive knees to chest one at a time.	Slow, hands on a sofa	Faster pace
7	**Squats**	× 7	Feet hip-width, sit back and down, chest up, stand.	Sit to a chair and stand	Squat jumps
8	**Superman holds**	× 8	Face down, lift arms and legs, hold 2 seconds, lower.	Arms only, then legs only	Hold 4 seconds
9	**Chair dips**	× 9	Hands on a sturdy chair, bend elbows, push back up.	Feet closer, knees bent	Legs straight
10	**High knees**	× 10 each leg	Run on the spot, knees to hip height.	March on the spot	Faster pace
11	**Bicycle crunches**	× 11 each side	On your back, elbow towards the opposite knee.	Feet on the floor, crunch only	Slower, legs lower
12	**Jumping jacks**	× 12	Jump feet out, arms up, jump back in.	Step jacks, no jump	Add a squat every 4th rep

Stop if anything hurts beyond normal effort. New to exercise, pregnant, injured or living with a health condition? Check with a doctor first and use the easier versions.

12 Days, Written Down

HARDER

Ten seconds a day. Future you will want the record.

DAY	DATE	TIME IT TOOK	ENERGY 1–5	PROOF	ONE WORD
1	Dec 13			○	
2	Dec 14			○	
3	Dec 15			○	
4	Dec 16			○	
5	Dec 17			○	
6	Dec 18			○	
7	Dec 19			○	
8	Dec 20			○	
9	Dec 21			○	
10	Dec 22			○	
11	Dec 23			○	
12	Dec 24			○	

Day 1 vs Day 12

How I felt before

How I feel now

The move I liked most

AFTER CHRISTMAS

My minimum from Dec 26 to Jan 1 (e.g. squats while the kettle boils)