



A Che's 12 Days Of Christmas

Day	#	Do this!	X
Fri 11 th	1	Phenextional	
Sat 12 th	2	Push-ups	
Mon 14 th	3	Pull-ups	
Tue 15 th	4	Lunges	
Wed 16 th	5	KB Stiff Leg Deadlifts	
Thu 17 th	6	KB Rotations	
Fri 18 th	7	KB Squats	
Sat 19 th	8	Tire Jumps	
Mon 21 st	9	Tire Rows	
Tue 22 nd	10	KB Swings	
Wed 23 rd	11	KB OH Tire Step-ups	
Thu 24 th	12	Burpees	