

# FIT DECEMBER FIT

31-day fitness program

# FIT

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## Day 1

Repeat 5 times in total  
2 minutes rest  
between sets

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**20** step jacks



**20** jumping jacks



**20** butt kicks



**20** high knees

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## Day 2

Repeat 5 times in total  
2 minutes rest  
between sets

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**20** squats



**10** calf raises



**20** shoulder taps



**10-count** plank hold

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## Day 3

Repeat 5 times in total  
2 minutes rest  
between sets

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20 crunches



10 reverse crunches



20 twists



10 back extensions

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## Day 4

Repeat 5 times in total  
2 minutes rest  
between sets

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**20** leg raises



**20-count** hold



**20** side leg raises



**20-count** hold

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## Day 5

Repeat 5 times in total  
2 minutes rest  
between sets

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**30** march steps



**10** knee-to-elbow



**30** half jacks



**10** side leg raises

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## Day 6

Repeat 5 times in total  
2 minutes rest  
between sets

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12 lunge step-ups



12 lunges



12 calf raises

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## Day 7

Repeat 5 times in total  
2 minutes rest  
between sets

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10 flutter kicks



10 scissors



10 knee-to-elbow



10 heel taps



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## Day 8

Repeat 5 times in total  
2 minutes rest  
between sets

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**20** W-extensions



**10-count** hold



**20** prone reverse fly



**10-count** hold

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## Day 9

Repeat 5 times in total  
2 minutes rest  
between sets

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**20** high knees



**20** butt kicks



**20** jumping jacks



**20** half jacks

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## Day 10

Repeat 5 times in total  
2 minutes rest  
between sets

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20 squats



10 cossack squats



20 shoulder taps



10 plank rotations

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## Day 11

Repeat 5 times in total  
2 minutes rest  
between sets

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**10** crunches



**10** cross crunches



**10** leg raises



**10-count** hold

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Day 12

Repeat 5 times in total  
2 minutes rest  
between sets

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**30** bridges



**30-count** bridge hold



**30** side bridges



**30-count** side bridge hold

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## Day 13

Repeat 5 times in total  
2 minutes rest  
between sets

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**30** march steps



**30** high knees



**30** march steps



**30** butt kicks

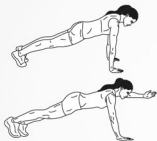
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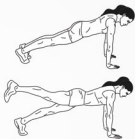
## Day 14

Repeat 5 times in total  
2 minutes rest  
between sets

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20 plank arm raises



20 plank leg raises



20 plank rotations



20 shoulder taps

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## Day 15

Repeat 5 times in total  
2 minutes rest  
between sets

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10 sit-up punches



10 sitting punches



10 knee-in & twist



10 leg circles



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## Day 16

Repeat 5 times in total  
2 minutes rest  
between sets

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**30** plank leg swings



**30-count** hold



**30** leg extensions



**30** side leg extensions

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Day 17

Repeat 5 times in total  
2 minutes rest  
between sets

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**20** jumping jacks



**20** side jacks



**20** march steps



**20** butt kicks

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Day 18

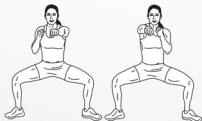
Repeat 5 times in total  
2 minutes rest  
between sets

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12 goblet squats

12 squat hold side bends



24 squat hold punches

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## Day 19

Repeat 5 times in total  
2 minutes rest  
between sets

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10 crunch kicks



10 cycling crunches



10 crunches



10 back extensions

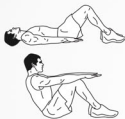
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## Day 20

Repeat 5 times in total  
2 minutes rest  
between sets

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10 sit-ups



10 sitting twists



10 high crunches



10 knee crunches

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## Day 21

Repeat 5 times in total  
2 minutes rest  
between sets

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20 split jacks



20 butt kicks



20 high knees



20 butt kicks

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Day 22

Repeat 5 times in total  
2 minutes rest  
between sets

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**20** lunges



**20** calf raises



**20** shoulder taps



**20** thigh taps

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Day 23

Repeat 5 times in total  
2 minutes rest  
between sets

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**10** elbow plank crunches



**10-count** hold



**10** up and down planks



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## Day 24

Repeat 5 times in total  
2 minutes rest  
between sets

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20 reverse angels



20 W-extensions



10 upward downward dog

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Day 25

Repeat 5 times in total  
2 minutes rest  
between sets

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20 high knees



20 march steps



20 high knees



20 knee-to-elbows

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## Day 26

Repeat 5 times in total  
2 minutes rest  
between sets

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20 bridges



10 bridge taps



20 bridges



10 butterfly dips

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## Day 27

Repeat 5 times in total  
2 minutes rest  
between sets

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10 flutter kicks



10 leg raises



10 flutter kicks



10 leg circles

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Day 28

Repeat 5 times in total  
2 minutes rest  
between sets

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**20** side leg raises



**20** back leg raises



**20** front leg raises

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Day 29

Repeat 5 times in total  
2 minutes rest  
between sets

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20 jumping jacks



20 side jacks



20 jumping jacks



20 split jacks

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## Day 30

Repeat 5 times in total  
2 minutes rest  
between sets

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20 shoulder taps



10 plank leg raises



20 plank rotations



10 back extensions



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Day 31

Repeat 5 times in total  
2 minutes rest  
between sets

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20 crunches



20 heel taps



20 flutter kicks



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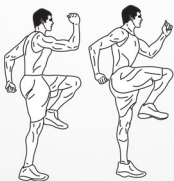
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Earn a 'Hall Pass' by doing

**60 seconds** march steps

to skip a day in the program.



Total passes available: **10**