

FIT

DECEMBER

by DAREBEE

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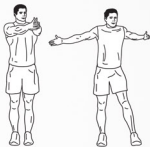
Day 1

Repeat 5 times in total
2 minutes rest
between sets

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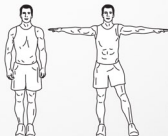
20 step half jacks



20 step seal jacks



20 step jacks



20 step Ts

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Day 2

Repeat 5 times in total
2 minutes rest
between sets

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20 reverse lunges



20 calf raises



10 knee-ups + **10-count** hold
change legs & repeat

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Day 3

Repeat 5 times in total
2 minutes rest
between sets

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10 crunches



10 cross crunches



10 heel taps



10 flutter kicks

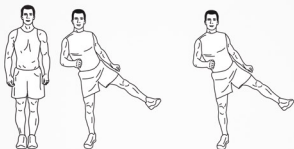
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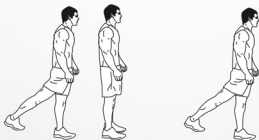
Day 4

Repeat 5 times in total
2 minutes rest
between sets

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10 side leg raises + **10-count** hold
change legs & repeat



10 back leg raises + **10-count** hold
change legs & repeat

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Day 5

Repeat 5 times in total
2 minutes rest
between sets

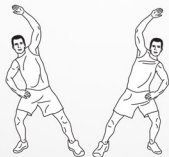
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20 step half jacks



10 knee-to-elbow



20 side jacks

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Day 6

Repeat 5 times in total
2 minutes rest
between sets

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20 reverse lunges



20 knee-ups



20 calf raises

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Day 7

Repeat 5 times in total
2 minutes rest
between sets

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10 high crunches



10 heel taps



10 flutter kicks

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Day 8

Repeat 5 times in total
2 minutes rest
between sets

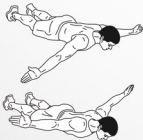
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10 back extensions



10-count hold



10 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 slow butt kicks



20 butt kicks



20 march steps



20 front leg raises

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Day 10

Repeat 5 times in total
2 minutes rest
between sets

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20 reverse lunges



10 forward bends



20-count squat hold

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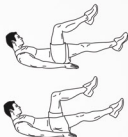
Day 11

Repeat 5 times in total
2 minutes rest
between sets

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10 flutter kicks



10 cycling crunches



10 scissors



10 leg raises

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Day 12

Repeat 5 times in total
2 minutes rest
between sets

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20 bridges

10-count bridge hold



10 knee rolls

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Day 13

Repeat 5 times in total
2 minutes rest
between sets

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20 march steps



20 slow butt kicks



20 butt kicks

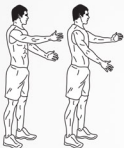
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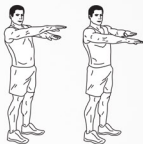
Day 14

Repeat 5 times in total
2 minutes rest
between sets

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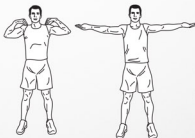
20 scissor chops



20 arm scissors



20 bicep extensions



20 side shoulder taps

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Day 15

Repeat 5 times in total
2 minutes rest
between sets

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10 crunches



10 cross crunches



10 reverse crunches

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Day 16

Repeat 5 times in total
2 minutes rest
between sets

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20 leg raises / right leg



10-count hold



20 leg raises / left leg



10-count hold

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Day 17

Repeat 5 times in total
2 minutes rest
between sets

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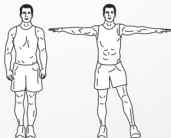
20 step jacks



20 knee-to-elbow



20 step seal jacks



20 step Ts

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Day 18

Repeat 5 times in total
2 minutes rest
between sets

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20 side leg raises



20 front leg raises

20 back leg raises

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Day 19

Repeat 5 times in total
2 minutes rest
between sets

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10 flutter kicks

4 scissors

10 flutter kicks

4 scissors

10 flutter kicks

4 scissors

10 flutter kicks

4 scissors

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Day 20

Repeat 5 times in total
2 minutes rest
between sets

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20 W-extensions



20 elbow clicks



20 arm circles



20 wide arm circles

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Day 21

Repeat 5 times in total
2 minutes rest
between sets

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20 march steps



20 butt kicks



20 march jacks



20 step jacks

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Day 22

Repeat 5 times in total
2 minutes rest
between sets

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10 side bends



10 forward bends



20 reverse lunges



20 calf raises

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Day 23

Repeat 5 times in total
2 minutes rest
between sets

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10 crunches



10 reverse crunches



10 sitting twists

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Day 24

Repeat 5 times in total
2 minutes rest
between sets

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10 hops on the spot



10 wide leg hops



10 side-to-side hops

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Day 25

Repeat 5 times in total
2 minutes rest
between sets

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20 step jacks

4 knee-to-elbow

20 step jacks

4 knee-to-elbow

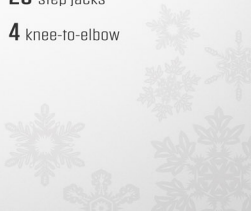
20 step jacks

4 knee-to-elbow



20 step jacks

4 knee-to-elbow



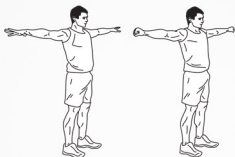
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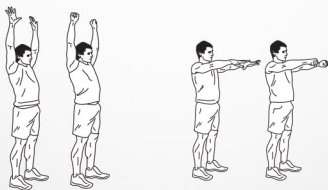
Day 26

Repeat 5 times in total
2 minutes rest
between sets

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20 clench / unclench / arms to sides



20 clench / unclench
arms overhead

20 clench / unclench
arms to front

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Day 27

Repeat 5 times in total
2 minutes rest
between sets

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10 knee crunches



10-count hold



10 bridges



10 heel taps

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Day 28

Repeat 5 times in total
2 minutes rest
between sets

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20 side leg raises / right leg



10-count hold



20 side leg raises / left leg



10-count hold

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Day 29

Repeat 5 times in total
2 minutes rest
between sets

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20 step jacks



20 side jacks



20 march steps



20 march jacks

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Day 30

Repeat 5 times in total
2 minutes rest
between sets

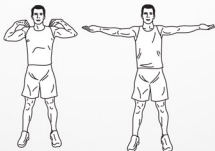
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20 bicep extensions



20 shoulder taps



20 side shoulder taps

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Day 31

Repeat 5 times in total
2 minutes rest
between sets

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20 crunches



20 cross crunches



20 knee rolls

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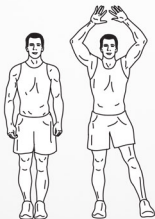
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Earn a 'Hall Pass' by doing

50 step jacks

to skip a day in the program.



Total passes available: **10**