

achieve

OXFORDSHIRE

FITMAS CHALLENGE

1. Jog on the spot to the song Rudolph the Red-Nosed Reindeer, jumping everytime you hear 'Reindeer'

2. Try the 10 minute Beginners Stretching Exercises [here](#)

3. Today, it is time to get out in some nature! Go for a walk or jog in the great outdoors

4. Elf Movie Family Workout: Every time you hear 'Buddy', 'Santa' or 'Elf' do 5 star jumps!

5. Set an alarm to go off every 45 mins. When the alarm goes off, challenge yourself to get up and get moving for at least 5-10mins

6. Choose your own fitness challenge, then let us know what it is via the Facebook page or tag us on Instagram!

7. Throughout the day, perform as many push-ups as possible. Pick a type of push-up from [here](#)

8. Aim for 1,000 extra steps today!

9. Get out on a walk to see some Christmas lights!

10. Head over to the Vault on [The Other Room Gym](#) and pick a workout of your choice

11. Can you wrap a present with your feet? We want to see it!

12. Do 12 Jingle Joggers (high knees on the spot)

