

12 days of Fitmas

Complete all 12 days of our Christmas fitness bingo to win a prize.

START FROM MONDAY 1ST DECEMBER

Email Stuart a picture of completing the exercise as evidence. Speak with the fitness team for exercise guidance.



Day 1:
20 Press Ups

Day 2:
20 Squats

Day 3:
20 Sit Ups

Day 4:
20-Second Plank

Day 5:
20-Second Wall
Sit

Day 6:
20 Calories on
The Skierg

Day 7:
20 Walking
Lunges (Each Leg)

Day 8:
20 Front Raises
with Plate (5kg
women, 10kg
men)

Day 9:
20 Burpees

Day 10:
20-Minute
Peloton Video

Day 11:
20 Minutes on
The Rower

Day 12:
20,000 Steps