



# The 12 Days of Fitness

A get-you-moving energizer  
from the  
*Power Play!* PA Supplement



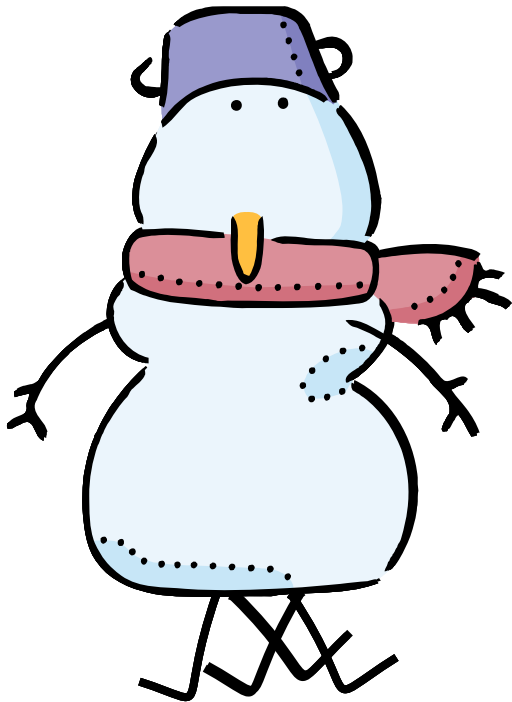
**On the first day of fitness,  
my trainer gave to me ❄️❄️❄️**



**A partridge in a yoga tree!**



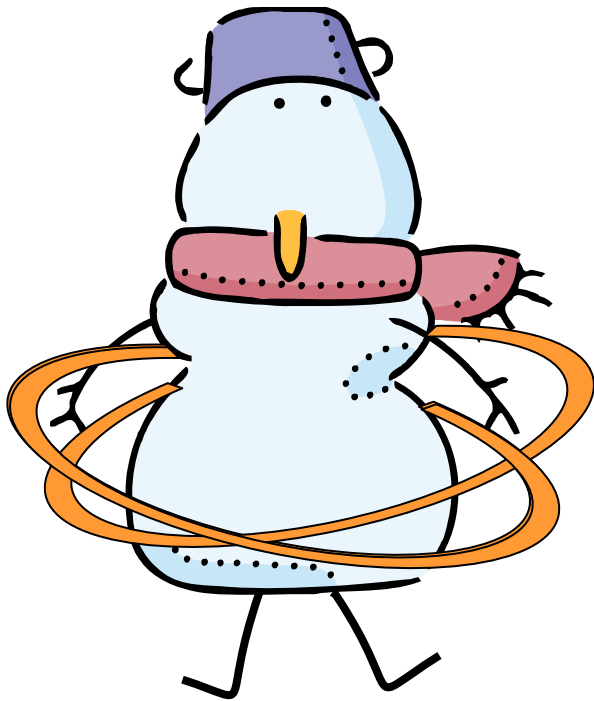
**On the second day of fitness,  
my trainer gave to me ❄️❄️❄️**



**TWO SCISSOR JUMPS  
and a partridge in a yoga tree!**



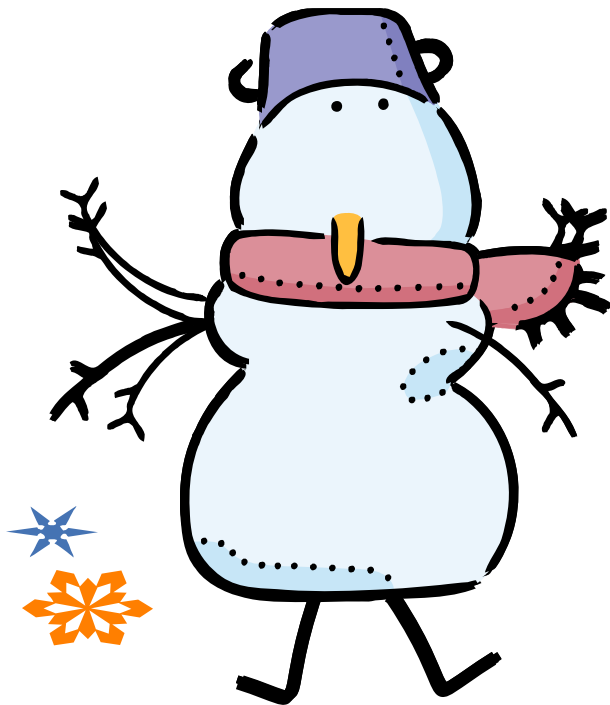
**On the third day of fitness,  
my trainer gave to me ❄️❄️❄️**



**THREE HULA HOOPS  
two scissor jumps  
and a partridge in a yoga tree!**



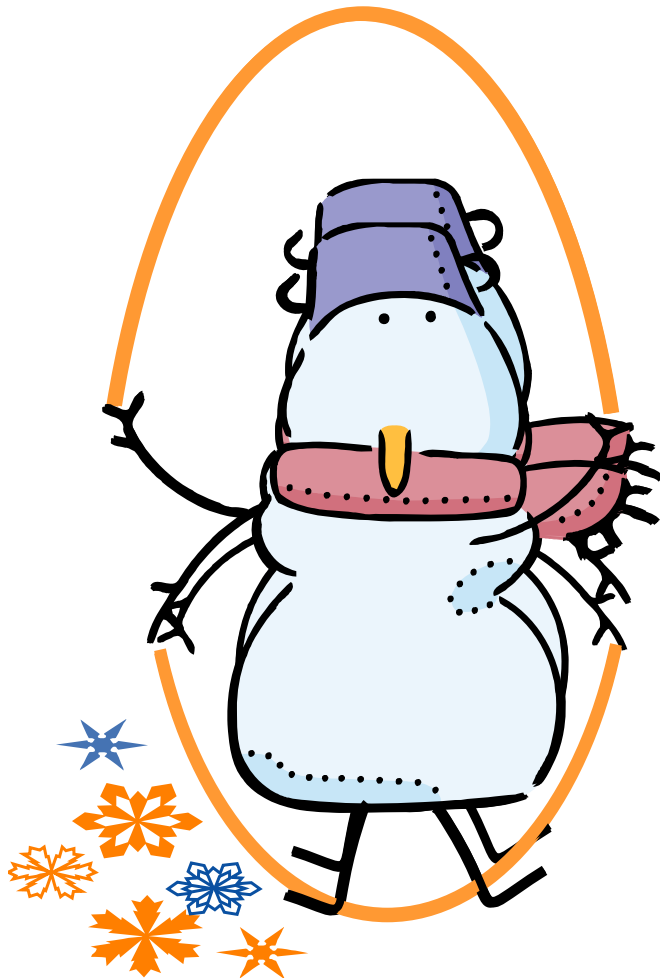
**On the fourth day of fitness,  
my trainer gave to me ❄️❄️❄️**



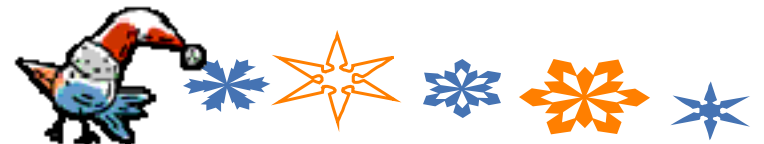
**FOUR MUSCLE POSES  
three hula hoops  
two scissor jumps  
and a partridge in a yoga tree!**



**On the fifth day of fitness,  
my trainer gave to me ❄️❄️❄️**



**FIVE JUMPING ROPES  
four muscle poses  
three hula hoops  
two scissor jumps  
and a partridge in a yoga tree!**



**On the sixth day of fitness,  
my trainer gave to me ❄️❄️❄️**



**SIX FRONT KICKS  
five jumping ropes  
four muscle poses  
three hula hoops  
two scissor jumps**

**and a partridge in a yoga tree!**

**On the seventh day of fitness,  
my trainer gave to me ❄️❄️❄️**



**SEVEN JABS/PUNCHES  
six front kicks**

**five jumping ropes**

**four muscle poses**

**three hula hoops**

**two scissor jumps**

**and a partridge in a yoga tree!**

**On the eighth day of fitness,  
my trainer gave to me ❄️❄️❄️**



**EIGHT JOGS IN PLACE**

**seven jabs/punches**

**six front kicks**

**five jumping ropes**

**four muscle poses**

**three hula hoops**

**two scissor jumps**

**and a partridge in a yoga tree!**

**On the ninth day of fitness,  
my trainer gave to me ❄️❄️❄️**

## **NINE SIDE STRETCHES**

**eight jogs in place**

**seven jabs/punches**

**six front kicks**

**five jumping ropes**

**four muscle poses**

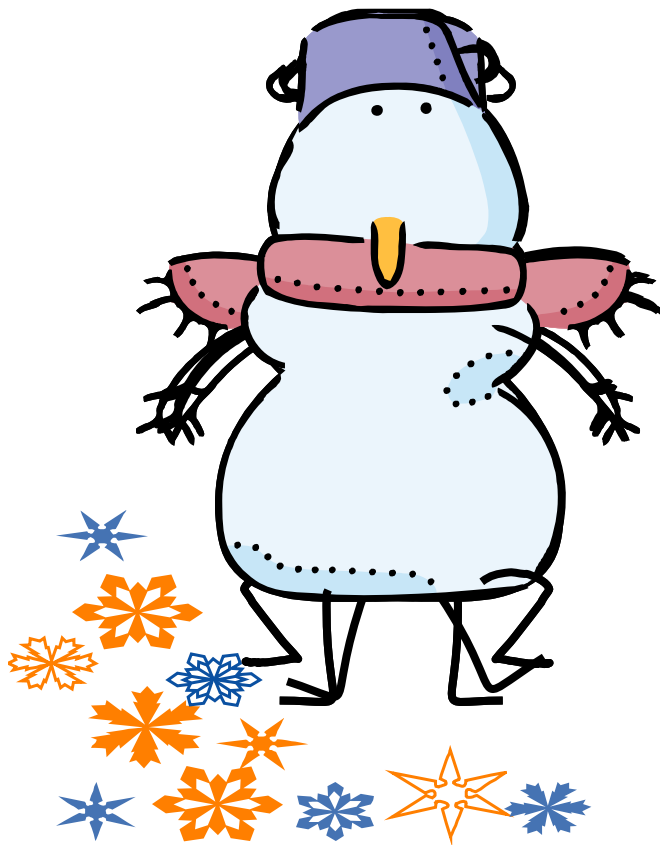
**three hula hoops**

**two scissor jumps**

**and a partridge in a yoga tree!**



**On the tenth day of fitness,  
my trainer gave to me ❄ ❄ ❄**



**TEN KNEE LIFTS  
nine side stretches  
eight jogs in place  
seven jabs/punches  
six front kicks  
five jumping ropes  
four muscle poses  
three hula hoops  
two scissor jumps  
and a partridge in a yoga tree!**

**On the eleventh day of fitness,  
my trainer gave to me ❄️❄️❄️**

## **ELEVEN “RAISE THE ROOFS”**



**ten knee lifts  
nine side stretches  
eight jogs in place  
seven jabs/punches  
six front kicks  
five jumping ropes  
four muscle poses  
three hula hoops  
two scissor jumps**

**and a partridge in a yoga tree!**

**On the twelfth day of fitness,  
my trainer gave to me ❄️❄️❄️**

## **TWELVE JUMPING JACKS**

**eleven “raise the roofs”**

**ten knee lifts**

**nine side stretches**

**eight jogs in place**

**seven jabs/punches**

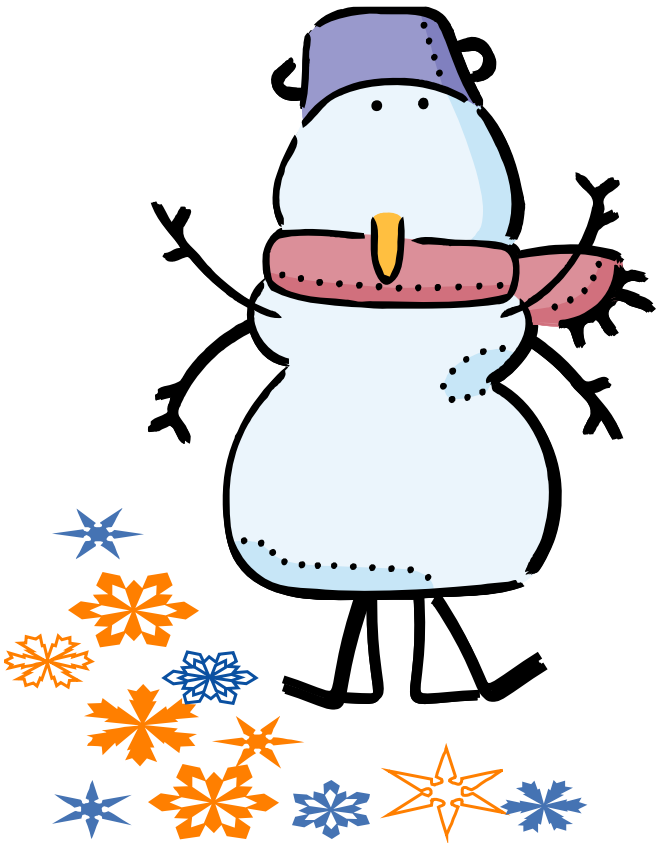
**six front kicks**

**five jumping ropes**

**four muscle poses**

**three hula hoops**

**two scissor jumps...**



# ...AND A PARTRIDGE IN A YOGA TREE!

