



Moderate Christmas Fitness Challenge

Ready for more than the Basic Christmas Fitness Challenge? We believe in the principle of progression, so these slightly larger motions will help you "level up" your fitness integration in a safe way.

You can focus on just one exercise per day, doing it whenever you think of it, or do all of them together as a mini-workout. Check off each box as you go and then select a video routine from the workout library at Fit2B.com

- ☐ **C - Calf Raises:** Rise up onto your toes, then sink back to your heels.
- ☐ **H - Hamstring Curls:** Pull your heel to your bum.
- ☐ **R - Rolling:** Get on the floor and roll like a log.
- ☐ **I - Inversions:** Anything that puts your head below your heart like downward dog or handstands against a wall.
- ☐ **S - Shoulder Bridge:** Lay on your back, plant your feet on the floor, and lift your booty off the ground.
- ☐ **T - Tree Pose:** Also known as "Figure-4" where you turn one knee out and snug your foot against the other leg.
- ☐ **M - Monkeys:** Get into a deep squat, plant your hands to shift and shuffle from side to side like an ape.
- ☐ **A - Alternating Lunge:** Step backward or forward one foot at a time.
- ☐ **S - Stroll:** Go for a walk of any distance or time.