

FITNESS ADVENT CALENDAR

by Lucy



HOW TO USE YOUR ADVENT CALENDAR

Firstly as your qualified trainer with over 25 years of experience, I am passionate about helping as many people as I can worldwide get to their best health because our health is everything!

I always say the best gift in the world will always be our health. 

Every month I always create a free workout challenge and for December it has to always be a my fitness Advent Calendar.

All you need to do is find the number on your Advent Calendar and click on it, (you will need to be online).

Then it will take you straight to the workout video on my YouTube Channel.

To make life easier I have provided you with a list of all the workouts.





23

15

11

18

2

4

13

8

6

21

16

7

19

20

1

10

24

12

22

9

3

17

14

5

FITNESS ADVENT CALENDAR

Day 1: 15 MINUTE WALK



Day 2: 7 MINUTE ABS



Day 3: 15 MINUTE CARDIO CORE



Day 4: 15 MINUTE WALK IN VIENNA



Day 5: 10 MINUTE CADRIO



Day 6: 10 MINUTE WALK AT HOME



Day 7: 15 MINUTE CARDIO



Day 8: 10 MINUTE CARDIO



Day 9: 15 MINUTE FULL BODY



Day 10: 15 MINUTE WALK



Day 11: 15 MINUTE CARDIO ABS



Day 12: 15 MINUTE CARDIO



FITNESS ADVENT CALENDAR

Day 13: 20 MINUTE WALK



Day 14: 15 MINUTE WALK IN PARIS



Day 15: 10 MINUTE WALK & TONE



Day 16: 15 MINUTE WALK AT HOME



Day 17: 12 MINUTE CADRIO



Day 18: 7 MINUTE HIIT



Day 19: 7 MINUTE WINTER ADVENTURE



Day 20: 10 MINUTE ABS



Day 21: 4000 STEPS AT HOME



Day 22: 10 MINUTE CORE



Day 23: 15 MINUTE CARDIO



Day 24: 7 MINUTE GIFT ADVENTURE



HAPPY AND
HEALTHY HOLIDAYS
TO YOU AND
YOUR FAMILY.

Lucy xx

SEE YOU IN 2024
FOR ANOTHER
FABULOUS HEALTHY
JOURNEY



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FREE CHALLENGES

CLICK ON ANY TO CONNECT



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