

LIMITED MOBILITY

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 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 to straight to the workout video on my YouTube Channel.

To make life easier I have also 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: 10 MINUTE CORE



Day 2: SEATED SCULPT WITH CUSHION



Day 3: 10 MINUTE CARDIO



Day 4: SEATED ARMS & ABS



Day 5: SEATED CARDIO



Day 6: SEATED CARDIO



Day 7: SEATED CARDIO



Day 8: SEATED HIIT



Day 9: SEATED WAIST, ARMS & ABS



Day 10: SEATED HIIT



Day 11: SEATED CARDIO



Day 12: SEATED HIIT



FITNESS ADVENT CALENDAR

Day 13: SEATED ARMS & ABS



Day 14: SEATED CARDIO



Day 15: SEATED CARDIO CUSHION



Day 16: SEATED CARDIO



Day 17: SEATED CORE



Day 18: SEATED HIIT



Day 19: SEATED CARDIO



Day 20: SEATED HIIT



Day 21: SEATED ARMS & ABS



Day 22: SEATED CARDIO

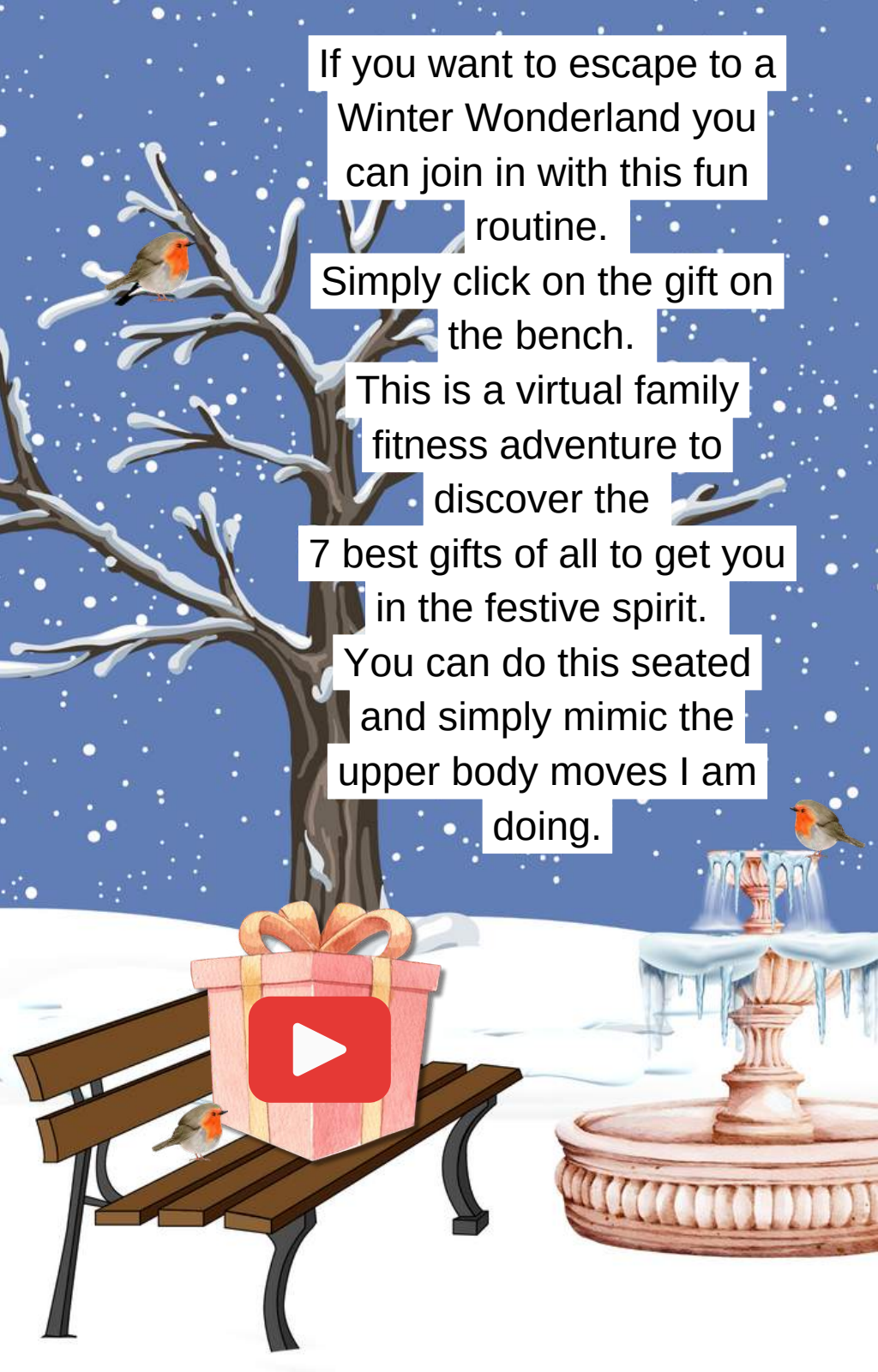


Day 23: SEATED CUSHION CARDIO



Day 24: SEATED HIIT





If you want to escape to a Winter Wonderland you can join in with this fun routine.

Simply click on the gift on the bench.

This is a virtual family fitness adventure to discover the 7 best gifts of all to get you in the festive spirit.

You can do this seated and simply mimic the upper body moves I am doing.



HAPPY AND HEALTHY
HOLIDAYS TO YOU
AND YOUR FAMILY.

Lucy xx



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