

DAY 1
Abs of steel

DAY 2
Heart-
starter

DAY 12
Medball it
up

DAY 3
All over
body

DAY 11
Silly season
fun

DAY 4
Work that
butt

DAY 10
Shoulder
on

DAY 5
Swiss ballin'
it up

DAY 9
Calorie
cruncher

DAY 6
Power
hour

DAY 8
Get your
sweat on

DAY 7
Feel the
burn

12 days of Christmas workouts

