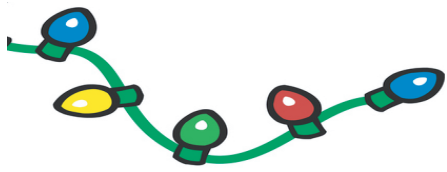


31 PHIT Days of



DECEMBER

- On the **1st** day of December, my PT made me do - **a 1 Minute Plank**
- On the **2nd** day of December, my PT made me do - **2 push-ups**
- On the **3rd** day of December, my PT made me do - **3 Squats**
- On the **4th** day of December, my PT made me do - **4 Leg Extensions**
- On the **5th** day of December, my PT made me do - **5 Tricep Dips**
- On the **6th** day of December, my PT made me do - **6 Minutes of High Knees**
- On the **7th** day of December, my PT made me do - **7 Bicep Curls**
- On the **8th** day of December, my PT made me do - **8 Bridge Poses**
- On the **9th** day of December, my PT made me do - **9 Glute Raises**
- On the **10th** day of December, my PT made me do - **10 Situps**
- On the **11th** day of December, my PT made me do - **11 Lunges (each leg)**
- On the **12th** day of December, my PT made me do - **12 Jumping Jacks**
- On the **13th** day of December, my PT made me do - **13 Arm Circles**
- On the **14th** day of December, my PT made me do - **14 Lunges (each leg)**
- On the **15th** day of December, my PT made me do - **15 Neck Stretches**
- On the **16th** day of December, my PT made me do - **a 2 Minute Plank**
- On the **17th** day of December, my PT made me do - **4 push-ups**
- On the **18th** day of December, my PT made me do - **6 Squats**
- On the **19th** day of December, my PT made me do - **8 Leg Extensions**
- On the **20th** day of December, my PT made me do - **10 Tricep Dips**
- On the **21st** day of December, my PT made me do - **12 Minutes of High Knees**
- On the **22nd** day of December, my PT made me do - **14 Bicep Curls**
- On the **23rd** day of December, my PT made me do - **16 Bridge Poses**
- On the **24th** day of December, my PT made me do - **18 Glute Raises**
- On the **25th** day of December, my PT made me do - **20 Situps**
- On the **26th** day of December, my PT made me do - **22 Lunges (each leg)**
- On the **27th** day of December, my PT made me do - **24 Jumping Jacks**
- On the **28th** day of December, my PT made me do - **26 Arm Circles**
- On the **29th** day of December, my PT made me do - **28 Lunges (each leg)**
- On the **30th** day of December, my PT made me do - **30 Neck Stretches**

On the 31st day of December, I tell my PT "THANKS" for helping me stay healthy :)