

# The 12 Days of Fitness

On the first day of Fitness, my true love sent to me 400 meters on a row machine.

On the second day of Fitness, my true love sent to me Two Turkish get-ups, And 400 meters on a row machine.

On the third day of Fitness, my true love sent to me Three pull-ups, Two Turkish get-ups, And 400 meters on a row machine.

On the fourth day of Fitness, my true love sent to me Four wall balls, Three pull-ups, Two Turkish get-ups, And 400 meters on a row machine.

On the fifth day of Fitness, my true love sent to me Five push-ups, Four wall balls, Three pull-ups, Two Turkish get-ups, And 400 meters on a row machine.

On the sixth day of Fitness, my true love sent to me Six single-leg stand-ups, Five push-ups, Four wall balls, Three pull-ups, Two Turkish get-ups, And 400 meters on a row machine.

On the seventh day of Fitness, my true love sent to me Seven different plank positions, Six single-leg stand-ups, Five push-ups, Four wall balls, Three pull-ups, Two Turkish get-ups, And 400 meters on a row machine.

On the eighth day of Fitness, my true love sent to me Eight boxes for jumping, Seven different plank positions, Six single-leg stand-ups, Five push-ups, Four wall balls, Three pull-ups, Two Turkish get-ups, And 400 meters on a row machine.

On the ninth day of Fitness, my true love sent to me Nine barbells for pressing, Eight boxes for jumping, Seven different plank positions, Six single-leg stand-ups, Five push-ups, Four wall balls, Three pull-ups, Two Turkish get-ups, And 400 meters on a row machine.

On the tenth day of Fitness, my true love sent to me Ten legs a-lunging, Nine barbells for pressing, Eight boxes for jumping, Seven different plank positions, Six single-leg stand-ups, Five push-ups, Four wall balls, Three pull-ups, Two Turkish get-ups, And 400 meters on a row machine.

On the eleventh day of Fitness, my true love sent to me Eleven triceps dipping, Ten legs a-lunging, Nine barbells for pressing, Eight boxes for jumping, Seven different plank positions, Six single-leg stand-ups, Five push-ups, Four wall balls, Three pull-ups, Two Turkish get-ups, And 400 meters on a row machine.

On the twelfth day of Fitness, my true love sent to me Twelve burpees, Eleven triceps dipping, Ten legs a-lunging, Nine barbells for pressing, Eight boxes for jumping, Seven different plank positions, Six single-leg stand-ups, Five push-ups, Four wall balls, Three pull-ups, Two Turkish get-ups, And 400 meters on a row machine.

