

12 Days of Fitness -

On the first day of Fitness, my true coach said to me -

A Side Fold on a Bosu

On the 2nd day of Fitness, my true Coach said to me -

Two Get-up Turns and A side fold on a Bosu

On the 3rd day of Fitness, my true Coach said to me -

Three Halos, Two Get-up Turns and A Side Fold on a Bosu

On the 4th day of Fitness, my true Coach said to me -

Four RDL's, Three halos, Two Get-up Turns and A Side Fold on a Bosu

On the 5th day of Fitness, my true Coach said to me -

Five Dead Ball Slams, Four RDL's, Three Halos, Two Get-up Turns and A Side Fold on a Bosu

On the 6th day of Fitness, my true Coach said to me -

Six Kangarooing, Five Dead Ball Slams, Four RDL's, Three Halos, Two Get-up Turns and A side fold on a Bosu

On the 7th day of Fitness, my true Coach said to me -

Seven Mid Responding, Six kangarooing, Five Dead ball slams, Four RDL's, Three halos, Two get up turns and A side fold on a Bosu

On the 8th day of Fitness, my true Coach said to me -

Eight Kettle Pressing, Seven Mid Responding, Six kangarooing, Five Dead ball slams, Four RDL's, Three halos, Two get up turns and A side fold on a Bosu

On the 9th day of Fitness, my true Coach said to me -

Nine Shoulders Tapping, Eight Kettles Pressing, Seven Mid Responding, Six kangarooing, Five Dead ball slams, Four RDL's, Three halos, Two get up turns and A side fold on a Bosu

On the 10^h day of Fitness, my true Coach said to me -

Ten Froggies Hopping, Nine Shoulders Tapping, Eight Kettles Pressing, Seven Mid Responding, Six kangarooing, Five Dead ball slams, Four RDL's, Three halos, Two get up turns and A side fold on a Bosu

On the 11th day of Fitness, my true Coach said to me -

Eleven Kettles Swinging, Ten Froggies Hopping, Nine Shoulders Tapping, Eight Kettles Pressing, Seven Mid Responding, Six kangarooing, Five Dead ball slams, Four RDL's, Three halos, Two get up turns and A side fold on a Bosu

On the 12th day of Fitness, my true Coach said to me -

Twelve Burpies Burping, Eleven Kettles Swinging, Ten Froggies Hopping, Nine Shoulders Tapping, Eight Kettles Pressing, Seven Mid Responding, Six kangarooing, Five Dead ball slams, Four RDL's, Three halos, Two get up turns and A side fold on a Bosu