



On the first day of Christmas my teacher gave to me...  
1 STANDING STORK



On the second day of Christmas my teacher gave to me... 2 SIDE PLANKS



On the third day of Christmas my teacher gave to me...3 TUCK JUMPS



On the fourth day of Christmas my teacher gave to me...4 SIT UPS



On the fifth day of Christmas my teacher gave to me...5 STAR JUMPS



On the sixth day of Christmas my teacher gave to me...6 GET UPS



On the seventh day of Christmas my teacher gave to me...7 RUNNING MEN



On the eighth day of Christmas my teacher gave to me...8 SQUAT JUMPS



On the ninth day of Christmas my teacher gave to me...9 WINDMILLS



On the tenth day of Christmas my teacher gave to me...10 SPEED BOUNCES



On the eleventh day of Christmas my teacher gave to me...11 PRESS UPS



On the twelfth day of Christmas my teacher gave to me...12 BURPEES





On the first day  
of Christmas  
my teacher  
gave to me...



1

standing  
stork



On the second day  
of Christmas  
my teacher  
gave to me...

2 side  
planks





On the third day  
of Christmas  
my teacher  
gave to me...



3 tuck  
jumps



On the fourth day  
of Christmas  
my teacher  
gave to me...



**4** sit  
ups





On the fifth day  
of Christmas  
my teacher  
gave to me...



5 star  
jumps



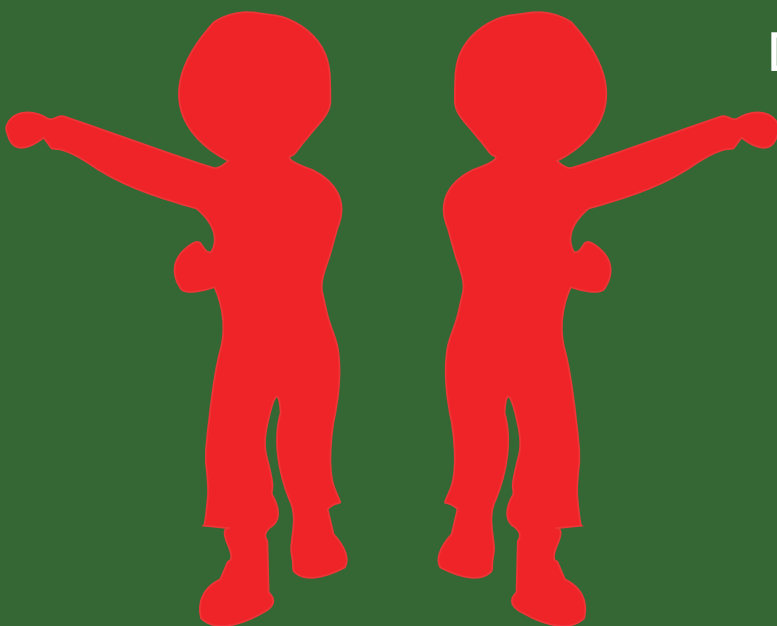
On the sixth day  
of Christmas  
my teacher  
gave to me...

6 get  
ups





On the seventh day  
of Christmas  
my teacher  
gave to me...



7

running  
men





On the eighth day  
of Christmas  
my teacher  
gave to me...



8

squat  
jumps



On the ninth day  
of Christmas  
my teacher  
gave to me...

9 windmills





On the tenth day  
of Christmas  
my teacher  
gave to me...



10

speed  
bounces





On the eleventh day  
of Christmas  
my teacher  
gave to me...

1

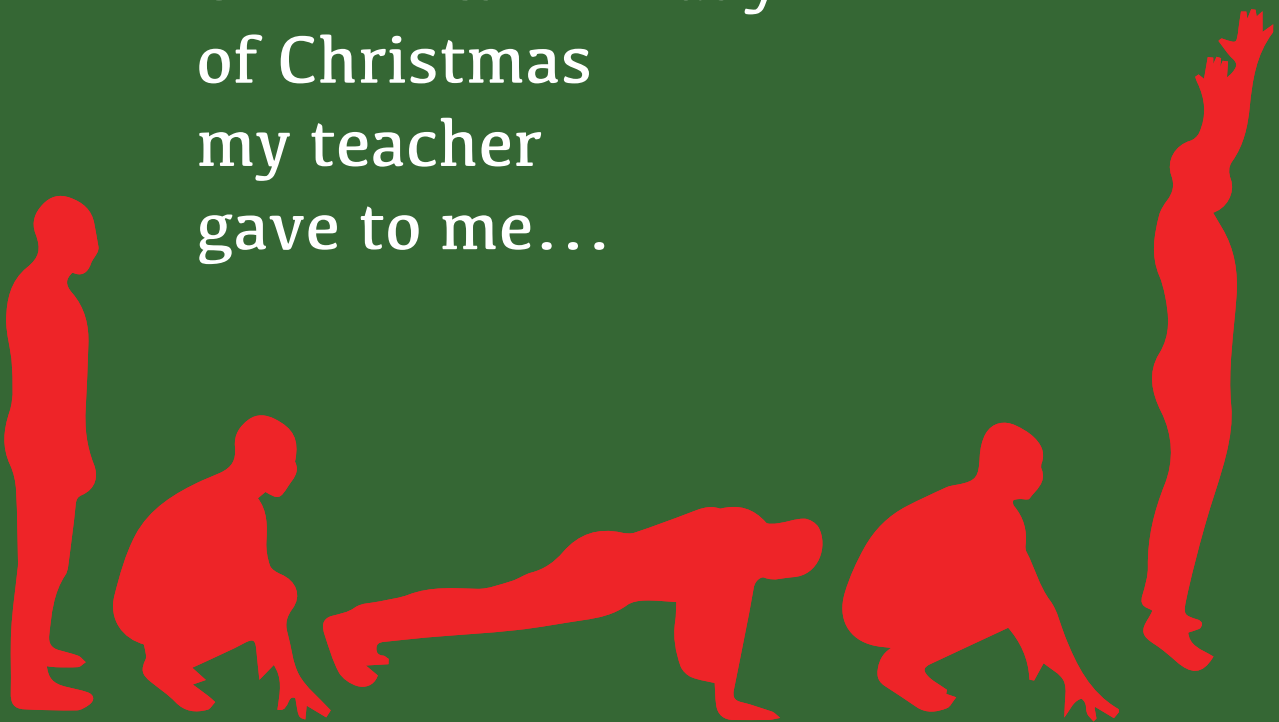
1

press  
ups





On the twelfth day  
of Christmas  
my teacher  
gave to me...



12 burpees