

Castle Douglas High School's Sports Leaders

present to you...

An Elf and Wellbeing 12 Days of Fitness Challenge

Each day you can access a short Christmas inspired fitness challenge to get your heart rate rising and a festive smile upon your face.

 <p>1</p> <p>All I want for Christmas is Glutes!</p>	 <p>2</p> <p>Let it Squat, Let it Squat, Let it Squat!</p>	 <p>3</p> <p>Walking in a Primary Wonderland</p>	 <p>4</p> <p>Merry Macarena</p>	 <p>5</p> <p>Jingle Jumping Jacks</p>	 <p>6</p> <p>Head, Shoulders, Knees, Red Nose</p>
<p>7</p> <p>Dashers Dabs</p>	 <p>8</p> <p>Planking around the Christmas tree</p>	 <p>9</p> <p>Rudolph Rowing</p>	 <p>10</p> <p>Santa Burpees</p>	 <p>11</p> <p>Prancers Push ups</p>	<p>12</p> <p>Floor Angels</p>

