



# 31 Days of Merry Fitmas



*fit. fab. fearless.* 

 *Summer Montabone*



# **31 DAYS of Merry Fitmas!**

## **10-MINUTE DAILY FITNESS CHALLENGE**

Just wanted to remind you, you are a rockstar! And because you are, you deserve and owe it to yourself to do a MINIMUM of 10 Minutes of Movement, EVERYDAY.

**This 10 Minute Daily Fitness Challenge works to help you:**

- Get started with an exercise routine
- Return from a lay off of exercise
- When you are busy and 10 minutes is all you've got
- Stay fit when traveling
- Add a bonus 10 minutes to your current exercise regimen

**Join us in 31 Days of Merry Fit-mas!**

No need to be an over achiever;) This works for getting started, back on track, or as a bonus workout to your current regimen.

Enjoy!

xoxo

Coach Summer Montabone, CSCS

Wife, Mother of 2

Founder Summer's Fitness Inc.

Retired IFBB Fitness Pro

RVP Arbonne International

**Disclaimer:** Perform these exercises at your own risk. Consult with your health care provider before beginning an exercise regimen. By participating in this workout regimen, participant assumes all risk.

**Warning:** These exercises have been know to help people feel happier, sexier, increase energy, and feel fabulous :-)

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# DAYS 1 -17

## Directions:

- Roll out of bed, drink a glass of water & go! Plug it in ANYTIME of day!
- For **10 minutes**, daily, go in order, alternating the 2 exercises for the designated reps.
- If you are unsure of the exercises, *click on the blue hyperlinks for video demonstrations.*
- Set your timer and get to work!

## 12/01

10 Reps of each:

- High Knees or Marching in Place
- Trunk Rotations
- Frankensteins or Leg Swings

[Click Here](#) for a Demo of this Mobility booster

## 12/02

10 Reps of each:

- [Plank \(Up Downs\) or Plank Hip Dips](#)
- Jumping Jacks

## 12/03

10 Reps of each:

- [Opposite Arm/ Leg \(47 sec. in \) or Quadraped/Bird Dog \(1:07 in video\)](#)
- [Reverse Crunches or Roll Ups](#)

## 12/04

10 reps of each:

- Wide Squats (or sit on a chair)
- [Mountain Climbers](#) (or march in place)

## 12/05

Ladder 2 of each, 4 of each, 6 of each, & up reps:

- Jumping Jacks (or side to side tap)
- High Knees (or march in place)

[Click here](#) to see a video workout demonstration.

## 12/06

Ladder 1, 2, 3, & up reps:

- [Push ups](#) (feet, knees, the wall – no excuses; find a way that works for you!)
- Sit ups (or crunches or sit & squeeze your abs)



## 12/07

5, 10, 15, 10, 5 reps:

- Kettlebell Swings
- Squat to Press w/ bell

\* You can use a dumbbell or water jug if you do not have a kettlebell.

[Click here](#) and watch the first 2 exercises in my "Kettlebell Queen" workout video.

## 12/08

5, 10, 15, 10, 5 reps:

- Super Woman (lie on your floor or your bed- whatever works for you!)
- [Glute Bridge](#) (lie on the floor or shoulders on a chair)

## 12/09

Have you heard of the dreaded "Burpees"? [Click here](#) to see the video demonstration and commit to doing at least 5.

Or; how many Burpees can you do in 10 minutes? Of course rest as long as needed!

## 12/10

10 each reps:

- Frankensteins
- Trunk Rotations

[Click here](#) for a demo or a complete mobility workout

## 12/11

Perform 6-10 reps of each exercise.

- Body Weight Squats
- Jumping Jacks
- Inchworm Push Ups
- Frankenstein

[Click here](#) for a video demonstration of these exercises.

## 12/12

Perform 6-12 reps of each exercise.

- [Dumbbell Shoulder Press](#)
- [Dumbbell Front Punches](#) (or Up & Backs) holding a Squat

\*If you do not have access to dumbbells; use water bottles, a book, or anything that you can hold to add weight..



## 12/13

Perform 6-12 reps of each exercise.

- [Inner Thigh Stability Ball Squeeze](#)
- [Stability Ball Hamstring Curl](#)

\*If you do not have access to a Stability Ball, use your hands for manual resistance on the Inner Thigh Squeeze and perform [Glute Bridges](#) in place of the Hamstring Curl.

## 12/14

Perform 10 reps of each exercise.

- [Plank Shoulder Taps](#)
- Plank Jacks (video ^)
- High Knees or March in place

## 12/15

Perform 10 reps of each exercise.

- [Wide Grip Row](#) (with Band or Dumbbells)
- [Reverse Lunge](#) (optional add front kick)

## 12/16

Perform 10 reps of each exercise.

- High Knees
- Tricep Push Up Pulses
- Plank Up Downs
- Glute Kickbacks (with dumbbell or no weight)

[Click here](#) to see the Trouble Zones video workout.

## 12/17

Perform 10 reps of each exercise.

- Upper Body Swings with Butt Kicks
- Front Leg Swings & Side Leg Swings
- Front & Back Arm Circles
- Trunk Rotations

[Click here](#) to watch a video demonstration of this mobility workout.



# DAYS 18 - 31

## Directions:

- Roll out of bed, drink a glass of water & go! Plug it in ANYTIME of day!
- For **10-15 minutes**, daily, go in order, alternating the exercises for the designated reps.
- If you are unsure of the exercises, *click on the blue hyperlinks for video demonstrations.*
- Set your timer and get to work!

## 12/18

Perform 6-10 reps of each exercise.

- Squat Thrust Curl & Press
- Glutebridge into a Tricep Extension
- Plank Up Downs
- Superman
- Step Ups or Stair Run

[Click here](#) to see the video demonstration of this “Total Body Fit Mom Reality Workout”.  
If any of the exercises do not work for you, march in place.

## 12/19

Perform 10-20 reps of each exercise.

- [Fast Feet](#) (tap a bench top, book, or stair step)
- [Bicycle Crunches](#)

## 12/20

Perform 8-10 reps of each exercise.

- [Push Ups](#) (optional add jacks)
- [Wide Squat to a Rear Delt T](#) (band or dumbbells)

## 12/21

Perform 10 reps of each exercise.

- Upper Body Swings with Butt Kicks
- Front Leg Swings & Side Leg Swings
- Front & Back Arm Circles
- Trunk Rotations

[Click here](#) to watch a video demonstration of this mobility workout.

## 12/22

Perform 10 reps of each exercise.

- [Stability Ball Hyperextensions](#)
- [Stability Ball Hamstring Curls](#) (with a band or dumbbell )

\*If you do not have a stability ball, you can perform Supermen instead.



## 12/23

Perform 10 reps of each exercise.

- Squat Jump (or bodyweight squats)
- Shuffles
- Side Bear Crawls
- Deck Squats or Crunches

[Click here](#) to watch “Cardio with Coach Lennox” video demonstration.

## 12/24 - Merry Christmas Eve

Perform 10 reps of each exercise.

*Trim Your Tree, Thighs, & Triceps*

- [Wide Squat into a Tricep Extension](#)
- [Glutebridge into a Tricep Extension](#)

\*You will need a pair of dumbbells to perform these combo exercises.

## 12/25 - Merry Christmas

Perform 5, 10, 15, 20 +reps of each exercise. Ladder up the reps by 5's.

- High Knees (or march in place)
- [Mountain Climbers](#)

\*Focus on your abs/core during this Merry Christmas Core & Cardio Blast!

## 12/26- Did Santa bring you BURPEES?!

[Click here](#) to see the video demonstration and commit to doing at least 6.

*How many Burpees can you do in 10 minutes?*

*Of course rest as long as needed!*

## 12/27

Perform 10 reps of each exercise.

- High Knees
- Butt Kicks
- Side to Side Shuffles
- Leg Swings
- Standing Knee to Chest

[Click here](#) to watch a video demonstration of this mobility workout.

## 12/28

Perform 10 reps of each exercise – or – Ladder up by 5 reps: 5, 10, 15, 20, etc.

- Kettlebell Swing
- Crunch
- Reverse Crunch
- Cross-over Crunch
- Jumping Jacks

[Click here](#) to view the “Kettlebell Crunch” workout.



## 12/29 - “Full body Friday”

Perform 5 reps and then rest for 10-30 seconds. Repeat.

- [Manmakers](#) (need a pair of dumbbells)

\*Watch the video for demonstration and modifications. Give this complex a try!

## 12/30 - “Anywhere Booty Workout”

Perform 8-12 reps of each exercise.

- Wide Stance Pulsing Squats
- Curtsy Lunge
- Single Leg Glute Bridge

[Click here](#) to view the “Anywhere Booty Workout” demonstration.

## 12/31 - Ring in the New Year with a “Grand Slam”

Perform 5, 10, 15, 20, 15, 10, 5 reps (Ladder up by 5’s as high as you can and then back down until your timer goes off.

- Squat Thrust to knee slam
- Seated Twist
- Squat Thrust to Arm Pull
- Wood Choppers

\*[Click here](#) to watch the “Grand Slam” video workout and alternatives. This workout can be done using a medicine ball, or just your own body weight.

## Happy New Year!

Remember, “New Year’s Resolutions” don’t stick. Commit to this 10 Minute Daily Movement rule and embrace a healthy lifestyle.

You were meant to move → **move daily!**

Don’t forget to fuel and nourish your body with fresh foods.

Your body also likes easily digestible foods, like a protein shake, following a workout. Follow the Arbonne 30 Healthy Living principles for your health and weight loss goals. It’s a lifestyle, not a diet. Be a “diet drop out” this year!

Self care is important. Make sure you are taking time for YOU each day. Consider starting and ending the day with 1 minute of daily gratitude :-)

The best is yet to come! Never peak!

I hope you have enjoyed the 31 Days of Merry Fitmas!

Cheers to you,  
Coach Summer

