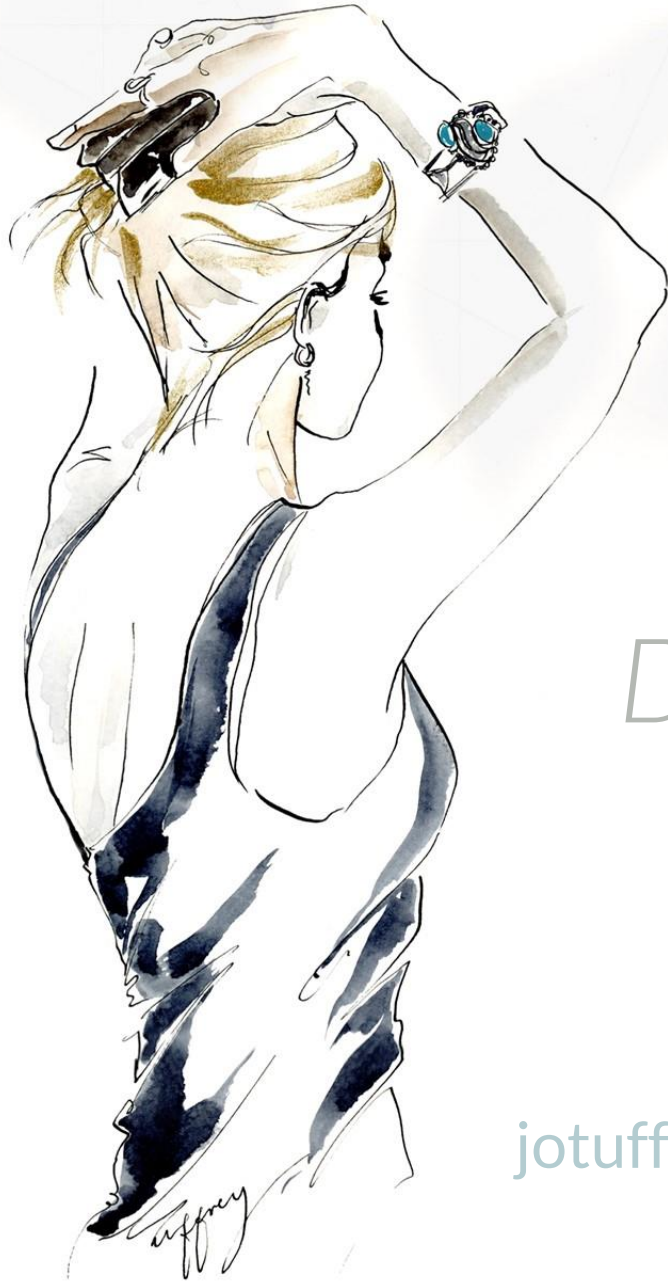


# Let's Move 2024!

## SPARKLING DECEMBER MOTIVATION PACK

For this programme you will need weights, a ball  
and a band.



*Don't be afraid to sparkle*



[jotuffrey.com](http://jotuffrey.com)

*Jo*

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY - SUNDAY	
<b>WEEK 1</b> <i>Feelings:</i> _____	2 <sup>ND</sup> <small>NEW</small> <b>Jo's Christmas Calendar</b>	3 <sup>RD</sup> <small>NEW</small> <b>10 x 3 Christmas Special</b> <small>*weights needed*</small>	4 <sup>TH</sup> <small>NEW</small> <b>Christmas Stockings #2</b> <small>*band needed*</small>	5 <sup>TH</sup> <small>NEW</small> <b>Santa's Belly Blast</b>	6 <sup>TH</sup> /7 <sup>TH</sup> /8 <sup>TH</sup> Repeat or Rest	COMPLETE
<b>WEEK 2</b> <i>Feelings:</i> _____	9 <sup>TH</sup> <small>NEW</small> <b>Angel Wings</b> <small>*light weights needed*</small>	10 <sup>TH</sup> <small>NEW</small> <b>Snow Stretch</b>	11 <sup>TH</sup> <small>NEW</small> <b>Rudolph</b> <small>*ball needed*</small>	12 <sup>TH</sup> <small>NEW</small> <b>Bauble Bottoms</b> <small>*weights needed*</small>	13 <sup>TH</sup> /14 <sup>TH</sup> /15 <sup>TH</sup> Repeat or Rest	
<b>WEEK 3</b> <i>Feelings:</i> _____	16 <sup>TH</sup> <small>NEW</small> <b>Jo's Birthday Best #6</b>	17 <sup>TH</sup> <small>NEW</small> <b>Feel The Burn</b> <small>*weights optional*</small>	18 <sup>TH</sup> <small>NEW</small> <b>ABC Christmas</b> <small>*weights needed*</small>	19 <sup>TH</sup> <small>NEW</small> <b>Stop &amp; Stretch</b>	20 <sup>TH</sup> /21 <sup>ST</sup> /22 <sup>ND</sup> Repeat or Rest	



HAPPY CHRISTMAS

“We are all stars and we deserve to  
twinkle.”



— Marilyn Monroe

