THE 12 DAYS OF FITNESS

On the 1st day of fitness, a reindeer showed to me:
a big stretch like a tall tree.

On the 2nd day of fitness, a reindeer showed to me:
2 side-slides and a big stretch like a tall tree.

On the 3rd day of fitness, a reindeer showed to me:
3 small kicks, 2 side-slides and a big stretch like a tall tree.

On the 4th day of fitness, a reindeer showed to me:
4 arm swings, 3 small kicks, 2 side-slides and a big stretch like a tall tree.

On the 5th day of fitness, a reindeer showed to me:
5 jellyfish shakes, 4 arm swings, 3 small kicks, 2 side-slides and a big stretch like a tall tree.

On the 6th day of fitness, a reindeer showed to me: 6 bats a swinging, 5 jellyfish shakes, 4 arm swings, 3 small kicks, 2 side-slides and a big stretch like a tall tree.

On the 7th day of fitness, a reindeer showed to me: 7 balls a catching, 6 bats a swinging, 5 jellyfish shakes, 4 arm swings, 3 small kicks, 2 side-slides and a big stretch like a tall tree.

On the 8th day of fitness, a reindeer showed to me: 8 balls a bouncing, 7 balls a catching, 6 bats a swinging, 5 jellyfish shakes, 4 arm swings, 3 small kicks, 2 side-slides and a big stretch like a tall tree.

On the 9th day of fitness, a reindeer showed to me: 9 people throwing, 8 balls a bouncing, 7 balls a catching, 6 bats a swinging, 5 jellyfish shakes, 4 arm swings, 3 small kicks, 2 side-slides and a big stretch like a tall tree.

On the 10th day of fitness, a reindeer showed to me: 10 waists a twisting, 9 people throwing, 8 balls a bouncing, 7 balls a catching, 6 bats a swinging, 5 jellyfish shakes, 4 arm swings, 3 small kicks, 2 side-slides and a big stretch like a tall tree.

On the 11th day of fitness, a reindeer showed to me: 11 windmills circling, 10 waists a twisting, 9 people throwing, 8 balls a bouncing, 7 balls a catching, 6 bats a swinging, 5 jellyfish shakes, 4 arm swings, 3 small kicks, 2 side-slides and a big stretch like a tall tree.

On the 12th day of fitness, a reindeer showed to me: 12 green-frogs jumping, 11 windmills circling, 10 waists a twisting, 9 people throwing, 8 balls a bouncing, 7 balls a catching, 6 bats a swinging, 5 jellyfish shakes, 4 arm swings, 3 small kicks, 2 side-slides and a big stretch like a tall tree.