"On the... day of fitness, a reindeer showed to me...

THE 12 DAYS OF FITNESS

1ST DAY
a big stretch like a tall tree

2ND DAY
2 side slides

3RD DAY
3 small kicks

4TH DAY
4 arm swings

5TH DAY
5 jellyfish shakes

6TH DAY
6 bats a swinging

7TH DAY
7 balls a catching

8TH DAY
8 balls a bouncing

9TH DAY
9 people throwing

10TH DAY
10 waists a twisting

11TH DAY
11 windmills circling

12TH DAY
12 green frogs jumping