TEDESCO BODY SHOP FITNESS

Bodyweight & Core

FITNESS ADVENT / DECEMBER 1–24, 2026



Follow the timing in each box. Rest 30 sec between rounds.

ABOUT 5 MIN

01 ☐
3 ROUNDS
35 SEC PER MOVE
Squat + press
Squats
Wall push-ups

02 ☐
3 ROUNDS
35 SEC PER MOVE
Core control
Dead bugs
Plank

03 ☐
3 ROUNDS
35 SEC PER MOVE
Glutes + legs
Glute bridges
Reverse lunges

04 ☐
3 ROUNDS
35 SEC PER MOVE
Stand tall
Calf raises
Standing knee lifts

05 ☐
3 ROUNDS
35 SEC PER MOVE
Side core
Side plank hold
Bird dogs

06 ☐
3 ROUNDS
35 SEC PER MOVE
Push + squat
Push-ups
Squats

07 ☐
3 ROUNDS
35 SEC PER MOVE
Easy core
Glute bridges
Dead bugs

08 ☐
3 ROUNDS
35 SEC PER MOVE
Split stance
Split squats
Calf raises

09 ☐
3 ROUNDS
35 SEC PER MOVE
Plank + reach
Plank taps
Bird dogs

10 ☐
3 ROUNDS
35 SEC PER MOVE
Lower body
Squats
Hip hinges

11 ☐
3 ROUNDS
35 SEC PER MOVE
Upper body
Wall push-ups
Prone W raises

12 ☐
3 ROUNDS
35 SEC PER MOVE
Side core
Side plank hold
Glute bridges

13 ☐
3 ROUNDS
35 SEC PER MOVE
Easy balance
Single-leg balance
Calf raises

14 ☐
3 ROUNDS
35 SEC PER MOVE
Lunge + press
Reverse lunges
Push-ups

15 ☐
3 ROUNDS
35 SEC PER MOVE
Core duo
Dead bugs
Plank

16 ☐
3 ROUNDS
35 SEC PER MOVE
Squat + hold
Squats
Wall sit

17 ☐
3 ROUNDS
35 SEC PER MOVE
Back + glutes
Prone W raises
Glute bridges

18 ☐
3 ROUNDS
35 SEC PER MOVE
Cross-body core
Slow climbers
Bird dogs

19 ☐
3 ROUNDS
35 SEC PER MOVE
Easy core
Dead bugs
Glute bridges

20 ☐
3 ROUNDS
35 SEC PER MOVE
Lower body
Reverse lunges
Calf raises

21 ☐
3 ROUNDS
35 SEC PER MOVE
Push + brace
Push-ups
Plank

22 ☐
3 ROUNDS
35 SEC PER MOVE
Balance + squat
Single-leg balance
Squats

23 ☐
3 ROUNDS
25 SEC PER MOVE
Core trio
Dead bugs
Bird dogs
Plank

24 ☐
3 ROUNDS
25 SEC PER MOVE
Christmas Eve
Squats
Wall push-ups
Glute bridges

Switch sides halfway through each single-side move.

1% BETTER EVERY DAY