TEDESCO BODY SHOP FITNESS

Youth Movement

FITNESS ADVENT / DECEMBER 1–24, 2026



Do the rounds or time shown in each box.

AGES 10–15 / ABOUT 5 MIN

01 ☐
4 ROUNDS × 45 SEC
Fast feet
Take quick steps in place, then march. Switch every 10 sec.

02 ☐
3 ROUNDS × 75 SEC
Core combo
15-sec plank, then 6 dead bugs per side. Repeat slowly.

03 ☐
5 MIN
Beat drop
Put on a playlist. Change dance moves at each chorus.

04 ☐
4 ROUNDS × 45 SEC
Line hops
Hop or step over a line side to side. Pause as needed.

05 ☐
3 ROUNDS × 75 SEC
Balance pass
On one foot, pass a sock around your waist. Switch feet.

06 ☐
2 ROUNDS × 2 MIN
Shootout
Shoot rolled socks into a basket. Walk to retrieve misses.

07 ☐
5 MIN
Walk + talk
Take a walk with a friend or family member.

08 ☐
3 ROUNDS × 75 SEC
Squat ladder
Do 4, 6, then 8 squats. March for 10 sec between sets.

09 ☐
3 ROUNDS × 75 SEC
Mirror match
Copy a partner's side steps, reaches or high knees.

10 ☐
4 ROUNDS × 45 SEC
Shadowbox
Throw light punches in the air. Mix in some easy footwork.

11 ☐
4 ROUNDS × 45 SEC
Shuttle shuffle
Shuffle between two markers and walk back as needed.

12 ☐
2 ROUNDS × 2 MIN
Sock relay
Move 5 socks across the room one by one. Bring them back.

13 ☐
3 ROUNDS × 75 SEC
Wall sit + walk
Hold a wall sit for 15 sec. Walk 15 sec. Repeat.

14 ☐
3 ROUNDS × 75 SEC
Mobility break
Rotate side reaches, ankle circles and shoulder rolls.

15 ☐
4 ROUNDS × 45 SEC
Jump rope
Jump rope or mimic it. Alternate with marching in place.

16 ☐
3 ROUNDS × 75 SEC
Dice roll circuit
Roll a die for reps of squats and step jacks. Re-roll.

17 ☐
3 ROUNDS × 75 SEC
Balance reach
On one foot, tap the other foot forward, side, back. Switch.

18 ☐
3 ROUNDS × 75 SEC
Plank taps
From a plank or at a wall, do 8 taps per side. Reset and repeat.

19 ☐
4 ROUNDS × 45 SEC
Reaction drill
On a partner's clap, take 3 quick steps. Reset and repeat.

20 ☐
5 MIN
Fresh-air loop
Take a walk or easy jog on a route you know.

21 ☐
3 ROUNDS × 75 SEC
Strength duo
8 wall push-ups + 10 glute bridges. Repeat at your pace.

22 ☐
4 ROUNDS × 45 SEC
Skater steps
Take 10 wide steps side to side, then march. Repeat.

23 ☐
5 MIN
Pick the playlist
Alternate 30 sec of marching with 30 sec of dancing.

24 ☐
5 MIN
Rematch
Pick a favorite drill. Repeat it or try a new variation.

Rest 30 sec between rounds. Switch roles halfway through partner rounds.

1% BETTER EVERY DAY