



12 DAYS OF

FITNESS

Open to all
DOW ID Cardholders
13 years and older.
Ages 13-15 must show ID and
be accompanied by parent.

*Check each
participating
Fitness Center
for complete
details on the
Fitness
challenges.

DECEMBER 1 - 31 • FREE

Participating Fitness Centers:
Martinez Physical Fitness Center, Lee Health & Fitness Center
and HMR Physical Fitness Center

Rules:

There will be 12 different exercises. Challenger will be the one to
determine the amount of weight they will use to complete exercise.

Award:

Decorative Ornament
To each finisher while supplies last.



Rules:
There will be 12 different exercises. Challenger will be the one to determine the amount of weight they will use to complete exercise.

Santa's List:
Once you complete each day's challenge, you can decide if you want to be on Santa's Naughty List or Nice List!

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Award:
Decorative Ornament To each finisher while supplies last.

Tough Cookie

Day	Exercise	Challenge
01	1-MINUTE PLANK CHALLENGE	For the first 10 seconds...
02	1-MINUTE PLANK CHALLENGE	For the first 10 seconds...
03	1-MINUTE PLANK CHALLENGE	For the first 10 seconds...
04	1-MINUTE PLANK CHALLENGE	For the first 10 seconds...
05	1-MINUTE PLANK CHALLENGE	For the first 10 seconds...
06	1-MINUTE PLANK CHALLENGE	For the first 10 seconds...
07	1-MINUTE PLANK CHALLENGE	For the first 10 seconds...
08	1-MINUTE PLANK CHALLENGE	For the first 10 seconds...
09	1-MINUTE PLANK CHALLENGE	For the first 10 seconds...
10	1-MINUTE PLANK CHALLENGE	For the first 10 seconds...
11	1-MINUTE PLANK CHALLENGE	For the first 10 seconds...
12	1-MINUTE PLANK CHALLENGE	For the first 10 seconds...

12 DAYS OF FITNESS
MARTINEZ PHYSICAL FITNESS CENTER

12 DAYS OF FITNESS
LEE HEALTH & FITNESS CENTER

12 DAYS OF FITNESS
HMR PHYSICAL FITNESS CENTER

For more information, call Martinez at (808) 787-0721,
HFC at (808) 787-5739 or HMR at (808) 787-7460



HiMWR.com or f MWR HAWAII

