

12 Days of Christmas Word Search Workout

Type: Game, Fun, Bodyweight, Weights, HIIT, Circuits, Chipper, Forfeit, Themed

Equipment Needed: Dumbbells/Kettlebells, Mat, Pen

Set up: Give all members a copy of the word search and a pen/pencil

How to Play: All members will perform the exercises for the first day of Christmas, then find the first word (Partridge in a pear tree) then do the 2nd day of Christmas and find the next word in the line (turtle Doves) and so on until you have performed all the exercises and found all the words. The first one done is the winner and all other do a forfeit exercise i.e. 15 burpees

<p>On the 1st day of Christmas my trainer gave to me: 30 second Wall Sit</p>	<p>On the 2nd day of Christmas my trainer gave to me: 10 push ups 30 second Wall Sit</p>	<p>On the 3rd day of Christmas my trainer gave to me: 10 Mountain climbers 10 push ups 30 second Wall Sit</p>
<p>On the 4th day of Christmas my trainer gave to me: 20 Jumping Jacks 10 Mountain climbers 10 push ups 30 second Wall Sit</p>	<p>On the 5th day of Christmas my trainer gave to me: 5 Manmakers 20 Jumping Jacks 10 Mountain climbers 10 push ups 30 second Wall Sit</p>	<p>On the 6th day of Christmas my trainer gave to me: 10 Squats 5 Manmakers 20 Jumping Jacks 10 Mountain climbers 10 push ups 30 second Wall Sit</p>
<p>On the 7th day of Christmas my trainer gave to me: 10 Biceps Curls 10 Squats 5 Manmakers 20 Jumping Jacks 10 Mountain climbers 10 push ups 30 second Wall Sit</p>	<p>On the 8th day of Christmas my trainer gave to me: 10 Triceps Kickbacks 10 Biceps Curls 10 Squats 5 Manmakers 20 Jumping Jacks 10 Mountain climbers 10 push ups 30 second Wall Sit</p>	<p>On the 9th day of Christmas my trainer gave to me: 10 Dolphin Planks 10 Triceps Kickbacks 10 Biceps Curls 10 Squats 5 Manmakers 20 Jumping Jacks 10 Mountain climbers 10 push ups 30 second Wall Sit</p>
<p>On the 10th day of Christmas my trainer gave to me: 20 Single/Double Unders 10 Dolphin Planks 10 Triceps Kickbacks 10 Biceps Curls 10 Squats 5 Manmakers 20 Jumping Jacks 10 Mountain climbers 10 push ups 30 second Wall Sit</p>	<p>On the 11th day of Christmas my trainer gave to me: 10 Renegade Rows 20 Single/Double Unders 10 Dolphin Planks 10 Triceps Kickbacks 10 Biceps Curls 10 Squats 5 Manmakers 20 Jumping Jacks 10 Mountain climbers 10 push ups 30 second Wall Sit</p>	<p>On the 12th day of Christmas my trainer gave to me: 10 Bulgarian Split Squats 10 Renegade Rows 20 Single/Double Unders 10 Dolphin Planks 10 Triceps Kickbacks 10 Biceps Curls 10 Squats 5 Manmakers 20 Jumping Jacks 10 Mountain climbers 10 push ups 30 second Wall Sit</p>

12 Days Word Search

T	L	G	E	E	S	E	A	L	A	Y	I	N	G	S	Z	Q	K	W	A	H	L	Q	N	D	B	F
S	P	F	E	W	A	Z	M	N	L	J	L	J	B	G	V	M	E	D	A	O	H	S	F	V	G	C
P	C	A	C	A	H	B	R	F	R	E	N	C	H	H	E	N	S	L	L	O	G	S	B	R	N	X
S	W	U	R	P	N	Y	O	G	N	K	T	U	H	J	M	F	H	D	J	P	I	B	U	L	J	K
G	X	X	U	T	V	Q	U	K	A	D	F	W	N	P	P	O	A	H	W	L	F	W	R	A	G	F
P	K	R	V	X	R	C	A	F	D	V	S	P	C	P	Z	A	T	B	T	Y	P	T	A	N	T	M
V	L	V	N	O	B	I	A	L	Y	R	Q	W	R	S	H	Y	D	Z	E	T	G	D	I	M	G	A
T	K	W	B	Q	D	W	D	L	I	O	U	P	A	J	C	Z	G	S	Q	D	A	P	Q	V	K	I
B	P	W	P	Q	Y	Q	X	G	L	A	M	M	U	N	T	E	G	V	W	A	A	U	Y	S	O	D
L	K	V	I	E	C	Z	L	Z	E	I	F	R	M	B	S	U	P	A	S	E	W	X	K	V	O	S
D	Q	G	P	N	Z	K	V	Y	K	I	N	I	M	E	U	A	S	M	L	E	J	C	F	M	E	A
T	B	R	E	D	G	F	V	N	M	B	N	G	B	M	R	V	S	A	F	T	G	Y	K	P	B	M
E	N	E	R	A	W	T	D	M	F	X	L	A	B	J	I	S	S	W	E	Z	D	M	E	N	Q	I
P	R	K	S	Z	N	Z	P	O	U	Z	C	B	P	I	C	D	D	S	I	Q	R	Z	I	Z	A	L
G	P	J	P	P	Q	R	R	W	I	P	K	I	V	E	R	K	K	R	C	M	S	Z	I	L	W	K
C	Z	A	I	S	G	T	V	W	Y	L	E	R	Q	O	A	D	Y	H	U	E	M	J	M	T	M	I
Z	Q	K	P	V	Y	U	M	T	B	T	W	P	L	H	N	R	S	P	V	M	I	I	Y	U	S	N
X	G	G	I	B	D	K	R	X	H	R	J	Z	Z	T	O	H	T	O	H	W	M	J	N	G	J	G
J	R	O	N	I	M	I	I	K	E	F	Z	V	T	J	Y	C	D	R	B	T	G	I	C	G	B	W
V	X	L	G	O	M	V	C	V	Y	W	G	I	A	S	A	E	X	G	E	F	Q	U	N	J	V	A
D	W	D	C	F	S	K	N	A	A	S	R	P	D	W	L	Q	Y	L	E	E	A	J	Y	G	V	E
R	Z	R	G	E	T	D	I	D	B	J	W	T	S	T	U	M	W	P	B	F	C	U	E	L	X	D
D	U	I	C	R	R	L	K	S	E	T	T	A	R	J	C	T	T	K	W	H	R	X	A	B	C	T
P	Z	N	Z	V	T	C	C	U	N	I	B	U	G	G	E	V	P	Z	D	A	M	R	J	A	J	E
Z	Q	G	I	J	R	W	I	A	Z	E	T	R	R	G	E	M	X	H	M	Y	Z	C	L	F	N	O
B	F	S	O	G	W	G	N	B	L	W	Z	E	F	M	H	X	N	R	U	K	O	S	A	E	U	X
F	T	R	P	L	A	D	I	E	S	D	A	N	C	I	N	G	X	P	S	F	U	R	P	Q	Y	Q

Partridge in a pear tree

Calling birds

Swans a swimming

Lords a leaping

Turtle doves

Gold rings

Maids a milking

Pipers piping

French hens

Geese a laying

Ladies dancing

Drummers drumming

Word Search Solution

T	L	G	E	E	S	E	A	L	A	Y	I	N	G	S	Z	Q	K	W	A	H	L	Q	N	D	B	F
S	P	F	E	W	A	Z	M	N	L	J	L	J	B	G	V	M	E	D	A	O	H	S	F	V	G	C
P	C	A	C	A	H	B	R	F	R	E	N	C	H	H	E	N	S	L	L	O	G	S	B	R	N	X
S	W	U	R	P	N	Y	O	G	N	K	T	U	H	J	M	F	H	D	J	P	I	B	U	L	J	K
G	X	X	U	T	V	Q	U	K	A	D	F	W	N	P	P	O	A	H	W	L	F	W	R	A	G	F
P	K	R	V	X	R	C	A	F	D	V	S	P	C	P	Z	A	T	B	T	Y	P	T	A	N	T	M
V	L	V	N	O	B	I	A	L	Y	R	Q	W	R	S	H	Y	D	Z	E	T	G	D	I	M	G	A
T	K	W	B	Q	D	W	D	L	I	O	U	P	A	J	C	Z	G	S	Q	D	A	P	Q	V	K	I
B	P	W	P	Q	Y	Q	X	G	L	A	M	M	U	N	T	E	G	V	W	A	A	U	Y	S	O	D
L	K	V	I	E	C	Z	L	Z	E	I	F	R	M	B	S	U	P	A	S	E	W	X	K	V	O	S
D	Q	G	P	N	Z	K	V	Y	K	I	N	I	M	E	U	A	S	M	L	E	J	C	F	M	E	A
T	B	R	E	D	G	F	V	N	M	B	N	G	B	M	R	V	S	A	F	T	G	Y	K	P	B	M
E	N	E	R	A	W	T	D	M	F	X	L	A	B	J	I	S	S	W	E	Z	D	M	E	N	Q	I
P	R	K	S	Z	N	Z	P	O	U	Z	C	B	P	I	C	D	D	S	I	Q	R	Z	I	Z	A	L
G	P	J	P	P	Q	R	R	W	I	P	K	I	V	E	R	K	K	R	C	M	S	Z	I	L	W	K
C	Z	A	I	S	G	T	V	W	Y	L	E	R	Q	O	A	D	Y	H	U	E	M	J	M	T	M	I
Z	Q	K	P	V	Y	U	M	T	B	T	W	P	L	H	N	R	S	P	V	M	I	I	Y	U	S	N
X	G	G	I	B	D	K	R	X	H	R	J	Z	Z	T	O	H	T	O	H	W	M	J	N	G	J	G
J	R	O	N	I	M	I	I	K	E	F	Z	V	T	J	Y	C	D	R	B	T	G	I	C	G	B	W
V	X	L	G	O	M	V	C	V	Y	W	G	I	A	S	A	E	X	G	E	F	Q	U	N	J	V	A
D	W	D	C	F	S	K	N	A	A	S	R	P	D	W	L	Q	Y	L	E	E	A	J	Y	G	V	E
R	Z	R	G	E	T	D	I	D	B	J	W	T	S	T	U	M	W	P	B	F	C	U	E	L	X	D
D	U	I	C	R	R	L	K	S	E	T	T	A	R	J	C	T	T	K	W	H	R	X	A	B	C	T
P	Z	N	Z	V	T	C	C	U	N	I	B	U	G	G	E	V	P	Z	D	A	M	R	J	A	J	E
Z	Q	G	I	J	R	W	I	A	Z	E	T	R	R	G	E	M	X	H	M	Y	Z	C	L	F	N	O
B	F	S	O	G	W	G	N	B	L	W	Z	E	F	M	H	X	N	R	U	K	O	S	A	E	U	X
F	T	R	P	L	A	D	I	E	S	D	A	N	C	I	N	G	X	P	S	F	U	R	P	Q	Y	Q

