

	Object	Verse	Exercise	Description	Connection
Day 1	Light (Candle)	Isaiah 9:2-7	Candle/Star Jumping Jacks	Standing straight with feet together, palms touching over head (like a "candle") - Jump feet wide/Open hands to a V.	Repeat "Light" (I) "of the World" (X).
Day 2	Kingdom (Crown)	Isaiah 9:2-7	Overhead Press	Standing tall, core braced, tailbone tucked under, shoulders rolled down and back. Arms lift to "football goal post" position, bringing elbows at shoulder height but slightly forward. Press weights overhead (without locking elbows at top) and return to "goal post" position.	Optional: Repeating "Wonderful Counselor! Everlasting Father! Mighty God! Prince of Peace!" with each repetition.
Day 3	Zechariah	Luke 1:5-25	Plank with 1-Hand Option	Knees or toes. Hands directly under shoulders. Tighten thighs, roll shoulders away from ears, and brace your core.	Alternate bringing one hand towards your mouth - as if showing you can't talk like Zechariah.
Day 4	Angel Gabriel	Luke 1:26-38	Squats	Feet slightly wider than hips, core braced. Push hips back as you squat, keeping knees behind toes and chest lifted. Then squeeze glutes as you stand.	Verse 19: "I STAND in the presence of God."
Day 5	Mary	Luke 1:26-38	Crunches	Knees bent. Feet flat on the floor. Fingertips lightly touching temples. Elbows wide. Brace core and small tuck of the chin as you exhale and lift shoulder blades off the floor. Inhale as you roll back down.	Tap tummy as if being surprised that she's pregnant.
Day 6	Elizabeth	Luke 1:39-45	Squat Jumps	Squat Position: Feet slightly wider than hips. Push hips back as you squat, keeping knees behind toes and chest lifted. Jump and land with a soft bend in the knees to protect your back.	Verse 41: ..."the baby leaped in her womb..."
Day 7	Song	Luke 1:46-56	Tricep Extensions	Hold weight(s) with both hands overhead, arms glued by ears. Bend elbows (weight lowering behind your back). Squeeze triceps to return arms straight overhead.	Verse 50-51: "His mercy EXTENDS to those who fear him...He has performed mighty deeds with his ARM."
Day 8	Sun	Luke 1:57-80	Walking Lunges with Sunrise Arms	Lunge position: Front knee directly over ankle (never forward past the toes!). Thigh parallel to floor. Push off back foot to walk forward and switch legs, keeping chest lifted and body upright as much as possible. Arms outstretched to sides at shoulder height (added balance), lifting to touch overhead (like a sunrise) at the switch.	Verse 79: "...to shine on those living in darkness and ... to guide our feet in the path of peace."
Day 9	Joseph (Hammer)	Matt 1:18-25	Hammer Curls	Hold weights with arms relaxed at your side, palms facing hips, shoulders rolled back and down. Curl weights towards shoulders (without changing wrist position). Slowly return with control.	Joseph, the carpenter, using his hammers.
Day 10	Dream (Pillow)	Matt 1:18-25	Rest	Seriously - rest! Lie on your back, arms extended angled out by your hips, palms up. Roll shoulders down and away from your ears, unclench your jaw, close your eyes, and see if you can be still for 5 minutes. (It might just be the "hardest" day of all!)	I am resting. I am dreaming.

Day 11	Jesus' Name	Matt 1:18-25	Lateral Walking Plank	Knees or toes. Hands directly under shoulders. Tighten thighs, roll shoulders away from ears, and brace your core. Walk one hand and one foot to the right. Slide left hand/foot to reset center.	Spell J-E-S-U-S as you move.
Day 12	Census	Luke 2:1-7	Tuck Jumps/Knee Lifts	Tap knees as you jump in to the air. Both knees at once; alternating legs, or taking the jump out and just lifting one leg and then the other.	Count each knee tap as if counting all of the people in a census.
Day 13	Bethlehem	Luke 2:1-7	Forward Shoulder Raise	Weights in hands, palms facing front/inner thighs. Lift arms parallel to floor, palms down. Focus on squeezing the core and not allowing momentum to take over this move.	As if you are showing identification that you belong in the city of Bethlehem.
Day 14	Stable	Luke 2:1-7	Plank Pike Up	Hands directly under shoulders. Tighten thighs, roll shoulders away from ears, and brace your core. Lift hips and walk feet in slightly to create a pike up. Walk feet back out and hold plank.	Pike up creates the shape of a stable.
Day 15	Manger	Luke 2:1-7	Reverse Tabletop	From seated position with knees bent and hands back and to the sides, squeeze glutes, lift hips and create a "manger".	Tabletop creates the shape of a manger.
Day 16	(Wrapped in) Cloths	Luke 2:1-7	Log Roll + Boat Pose	Lying on floor with arms extended overhead, do one full log roll, then lift arms and legs to 45 degrees and hold boat pose. Release, roll again, and continue.	Wrapping the baby in swaddling cloths.
Day 17	Sheep	Luke 2:8-20	Fast Feet	Up and down, right in place, as fast as you can.	While sheep aren't known for their speed, lots of them would create a stampede-like effect.
Day 18	Angels	Luke 2:8-20	Air Jacks	Legs and arms open simultaneously like jumping jacks, but close back together before touching the ground (quick move). Arms open wide to the side, stopping parallel to ground just at shoulder height.	Like angels flying...
Day 19	Shepherds	Luke 2:8-20	Broomstick Row	Holding a (shepherd's crook) broomstick/barbell, hinge slightly from the hips, brace core, squeeze shoulder blades, leading with elbows to the back of the room. Bar comes towards belly button then returns to arms extended.	Shepherds might have used their crooks to do some barbell rows, right?
Day 20	Temple	Luke 2:21-40	Step Ups	One leg at a time step ups or two-footed jumps to a step or box. Keep knees soft as you land either way.	Temples have lots of steps to climb, right?
Day 21	Star	Matt 2:1-12	Star (Yoga Pose)	Bracing core, arms overhead and open in a V, lean to the right, lift left leg off floor and hold leaning star pose.	Shine bright - twinkle fingers like starlight.
Day 22	Wisemen	Matt 2:1-12	Waiter's Bow	From upright kneeling position with arms overhead, brace core, slide hips back towards feet and reach arms forward as if setting a plate on a table like a waiter.	Also like the wisemen bowing down to worship Jesus.
Day 23	Gifts	Matt 2:1-12	Curtsy Lunge	From standing, step right foot to the back left corner and deepen into a lunge. Return center; repeat opposite leg.	As a sign of respect, curtsy in the presence of royalty

Day 24	Cross	Phil 2:6-8	Lateral Shoulder Raise	Weights in hands, palms facing sides of thighs. Lift arms directly out to sides at shoulder height, palms down. Release arms back to sides and repeat (very slow and controlled movements).	Arms extended creates cross shape.
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