

Your Workout routine!

1. Noun
2. Adjective
3. Food Plural
4. Verb Present Ends In Ing
5. Adjective
6. Adjective
7. Article Of Clothing
8. Type Of Metal
9. Part Of Body
10. Insect Plural
11. Verb Base Form
12. Adverb
13. Part Of Body
14. Part Of Body Plural
15. Part Of Body
16. Verb Ends In Er
17. Number
18. Number
19. Animal
20. Adjective
21. Part Of Body Plural

Your Workout routine!

Get up off of that _____^{Noun}! Put down that bag of unhealthy _____^{Adjective} _____^{Food Plural}! That's right you heard me, I'm not _____^{Verb Present ends in ING} around. This is an intervention and I'm not going _____^{Adjective} on you anymore it's time to lose the weight and get _____^{Adjective}. So, go ahead and grab your gym _____^{Article of Clothing}, you're going to sweat and then pump some _____^{Type of Metal}!

So here we are, allow me to direct your attention to this Treadmill, gauranteed to get the ole _____^{Part of Body} rate up. Don't worry we'll start you off at a/an _____^{Insect Plural} pace and then work you up to a light _____^{Verb Base Form}. Okay okay I see that you are breathing _____^{Adverb}, a friend taught me a trick to calm your breathing, let's have you take a steady breath in through your nose then exhale through your _____^{Part of Body} _____^{of Body}.

Okay time to turn the fat in your _____^{Part of Body Plural} into muscle, we can accomplish this with a few reps on the _____^{Part of Body} _____^{Verb ENDS IN ER}. We'll start off with _____^{Number} sets of _____^{Number} reps and when It gets too difficult, I want you to chant to yourself I've got the eye of the _____^{Animal}! Are you feeling _____^{Adjective}? Don't worry that's perfectly normal for your first work-out; hang in there champ and before you know it you'll have _____^{Part of Body Plural} like Ahnald!