

## 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          .

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!