

Fitness Tips

1. Adjective
2. Number
3. Noun
4. Verb Ending In Ing
5. Body Part
6. Celebrity
7. Adjective
8. Noun Plural
9. Noun
10. Adjective
11. Verb
12. Noun Plural
13. Verb
14. Body Part
15. Plural Body Part
16. Family Member
17. Noun Plural
18. Noun
19. Plural Body Part
20. Adverb
21. Adjective
22. Noun Plural
23. Plural Food

24. Noun
25. Verb Ending In Ing
26. Vehicle
27. Type Of Sauce
28. Noun Plural
29. Noun
30. Verb
31. Body Part
32. Noun Beginning With H
33. Verb
34. Noun
35. Country
36. Plural Food
37. Colour
38. Noun
39. Body Part

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Looking for a no-nonsense workout for those days when you're too _____ Adjective _____ to go to the gym? We've got you covered. First, warm up with _____ Number _____ minutes of cardio. Burpees, _____ Noun _____ climbers or even _____ Verb ending in ING _____ Jacks will get your _____ Body Part _____ pumping. Then, move onto these targeted workouts:

ARMS: Whether you want to get jacked like _____ Celebrity _____ or simply look _____ Adjective _____ in sleeveless _____ Noun Plural _____ this Summer, _____ Noun _____ training is key. For _____ Adjective _____ arms, try a set of _____ Verb _____ ups and _____ Noun Plural _____. To complete a _____ Verb _____ up, start in a locked-out position and lower your _____ Body Part _____ to the floor. If that's too difficult, you can keep your _____ Plural Body Part _____ on the floor for help. Either way, your going to feel the _____ Family member _____!

LEGS: Muscular _____ Noun Plural _____ and _____ Noun _____ sized _____ Plural Body Part _____ are _____ Adverb _____ in right now! For _____ Adjective _____ results, add _____ Noun Plural _____ and _____ Plural Food _____ into your daily _____ Noun _____. When _____ Verb ending in ING _____, make sure your _____ Vehicle _____ gets below your knees for the full range of motion. To amp up your workout, add some _____ Type of sauce _____ to both movements. Hold a pair of _____ Noun Plural _____ or grab the family _____ Noun _____. Then _____ Verb _____ your little _____ Body Part _____ off!

ABS: Abs... the _____ Noun beginning with H _____ of the fitness world. The truth is, you can do all the crunches, _____ Verb _____ ups and _____ Noun _____ raises you want but abs are ultimately made in _____ Country _____. So put away that double order of _____ Plural food _____ and reach for a nice _____ Colour _____ _____ Noun _____ instead! Your _____ Body Part _____ will thank you, even if your taste buds won't.

