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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 _____

Fitness Tips

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.

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