

# 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.

