

Fitness Tips

1. Adjective
2. Number
3. Noun
4. Verb Present Ends In Ing
5. Part Of Body
6. Celebrity
7. Adjective
8. Noun
9. Adjective
10. Part Of Body
11. Noun Plural
12. Food
13. Adjective
14. Part Of Body
15. Part Of Body
16. Noun Plural
17. Noun Plural
18. Animal
19. Part Of Body
20. Adjective
21. Verb Base Form
22. Part Of Body
23. Location

24. Food

25. Color

26. Part Of Body

Fitness Tips

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

Arms: Whether you wanna get jacked like Celebrity or simply look Adjective in sleeveless dresses this summer, Noun training is key. For Adjective arms, try a superset of push-ups and dips. To complete a push-up, start in a locked-out position and lower your Part of Body to the floor. If that's too hard, you can keep your Noun Plural on the floor for help. Either way, you're going to feel the burn!

Legs: Muscular thighs and Food -sized butts are totally in right now! For Adjective results, add squats and lunges into your daily routine. When squatting, make sure your Part of Body gets below your Part of Body for the full range of motion. To amp up your workout, add some Noun Plural to both movements. Hold a pair of Noun Plural or grab the family Animal. Then squat and lunge your little Part of Body off!

Abs: Abs... the unicorn of the fitness world. The Adjective truth is, you can do all the crunches,

Verb Base Form

-ups, and Part of Body -raises you want... but abs are ultimately made in Location. So put away
that double order of Food and reach for a nice Color salad instead! Your Part of Body
will thank you, even if your taste buds won't!