

2018 THANKSGIVING Workout Game

Directions

Every time you hear the word,
complete the corresponding exercise.

Turkey 15 sec forearm plank	Saints 5 squats jumps	Shopping 10 bridges	Falcons 20 crunches
Bears 5 push ups	Sales 15 lunges each side	Stuffing 10 leg raises	Beer/Wine 10 squats
Thanksgiving 10 tricep dips	Lions 30 sec wall sit	Potatoes 20 crunches	Pumpkin 10 stairs
Touchdown 5 push ups	Football 10 squats	Redskins 15 reverse crunches	Black Friday 10 jumping jacks
Cowboys 30 sec mtn climbers	Nap 10 standing calf raises	Pecan Pie 10 sit ups	Calories 10 hip raises



Franciscan HEALTH
FITNESS CENTERS

Chesterton • Chicago Heights • Schererville