

2020 THANKSGIVING Workout Game

Directions

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

Pumpkin 10 stairs	Parade 15 reverse crunches	Shopping 10 bridges	Mask 20 crunches
Thanksgiving 10 hip raises	Sales 15 lunges each side	Stuffing 10 leg raises	Online 10 squats
Calories 10 tricep dips	Social Distancing 5 push ups	Thankful 20 crunches	Turkey 15 sec forearm plank
Nap 10 standing calf raises	Virtual 5 squats jumps	Football 10 squats	Potatoes 30 sec mtn climbers
Black Friday 10 jumping jacks	Touchdown 5 push ups	Pecan Pie 10 sit ups	Cyber Monday 30 sec wall sit

2020 THANKSGIVING Workout Game

Directions

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

Turkey 15 sec forearm plank	Virtual 5 squats jumps	Shopping 10 bridges	Mask 20 crunches
Social Distancing 5 push ups	Sales 15 lunges each side	Stuffing 10 leg raises	Online 10 squats
Calories 10 tricep dips	Cyber Monday 30 sec wall sit	Thankful 20 crunches	Pumpkin 10 stairs
Touchdown 5 push ups	Football 10 squats	Parade 15 reverse crunches	Black Friday 10 jumping jacks
Potatoes 30 sec mtn climbers	Nap 10 standing calf raises	Pecan Pie 10 sit ups	Thanksgiving 10 hip raises



Franciscan HEALTH
FITNESS CENTERS

Chesterton • Chicago Heights • Schererville