



WHAT WILL SANTA BRING YOU THIS CHRISTMAS?

Fitness challenge Part 1 of 2

TAKE THE FIRST LETTER OF YOUR FIRST NAME

A = SPUNKY
B = LOUD
C = RUSTY
D = DYNAMIC
E = ENERGETIC
F = FEISTY
G = RAINBOW
H = TOUGH
I = HEAVY
J = WIGGLY
K = DAZZLING
L = BREATHTAKING
M = PLASTIC

N = SPARKLY
O = FESTIVE
P = FUNKY
Q = SQUEAKY
R = FAST
S = FUNNY
T = BOUNCY
U = SWEATY
V = SMELLY
W = LARGE
X = TINY
Y = NEON
Z = SLIPPERY

AND THE FIRST LETTER OF YOUR LAST NAME

A = PUNCHING BAG
B = SAND BAG
C = BATTLE ROPES
D = JUMP ROPE
E = MEDICINE BALL
F = SLAM BALLS
G = EXERCISE BAND
H = LIFTING GLOVES
I = KETTLEBELLS
J = HEADPHONES
K = HEART RATE MONITOR
L = YOGA SOCKS
M = HULA HOOP

N = TREADMILL
O = SPORTS BRA
P = STABILITY BALL
Q = WEIGHTS
R = LEGGINGS
S = SWEAT TOWEL
T = LIFTING STRAPS
U = RUNNING SHOES
V = GYM BAG
W = WEIGHT BELT
X = YOGA MAT
Y = COMPRESSION SOCKS
Z = HAIR TIES

NOW TAKE YOUR GIFT FROM PART 1 AND USE THE LETTERS TO BUILD YOUR WORKOUT!

A = 20 SQUAT JUMPS
B = 30 CRUNCHES
C = 10 BURPEES
D = 30 JUMPING JACKS
E = 10 PUSHUPS
F = 25 MOUNTAIN CLIMBERS
G = 45 SEC PLANK HOLD
H = 20 GLUTE BRIDGES
I = 20 BODYWEIGHT SQUATS

J = 30 SECONDS HIGH KNEES
K = 25 CALF RAISES
L = 10 KNEE TO ELBOW PLANK
M = 20 REVERSE CRUNCHES
N = 15 RUSSIAN TWISTS
O = 20 LEG LIFTS
P = 30 SEC ARM CIRCLES
Q = 10 LUNGES

R = 45 SEC (AIR) JUMP ROPE
S = 30 SEC FRONT KICKS
T = 15 PLIE SQUATS
U = 30 BICYCLE CRUNCHES
V = 10 SUPERMANS
W = 30 SEC WALL SIT
X = 45 SEC FRONT PUNCHES
Y = 15 TRICEP DIPS
Z = 30 SEC SIDE PLANK

This fun challenge was
brought to you by:

He + She EAT CLEAN

AND

She RUNS THIS TOWN™

MOM'S RUN THIS TOWN

Holiday Gift Ideas Workout Plan America

Jessica J Manson

A red circular graphic with a gradient, appearing as a partial circle or a stylized arrow pointing to the right, located to the right of the author's name.

Holiday Gift Ideas Workout Plan America:

Unveiling the Energy of Verbal Beauty: An Mental Sojourn through **Holiday Gift Ideas Workout Plan America**

In a global inundated with displays and the cacophony of immediate connection, the profound power and emotional resonance of verbal art frequently fade into obscurity, eclipsed by the continuous barrage of noise and distractions. Yet, nestled within the musical pages of **Holiday Gift Ideas Workout Plan America**, a interesting work of literary beauty that impulses with fresh feelings, lies an unique trip waiting to be embarked upon. Written by a virtuoso wordsmith, this mesmerizing opus manuals visitors on an emotional odyssey, softly exposing the latent possible and profound influence stuck within the intricate web of language. Within the heart-wrenching expanse with this evocative examination, we shall embark upon an introspective exploration of the book is main themes, dissect their fascinating writing type, and immerse ourselves in the indelible impact it leaves upon the depths of readers souls.

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