

THE HOLIDAY WORKOUT GAME

	10 SQUAT JUMPS	SOMEONE GETS SOCKS AS A GIFT
	10 PUSH-UPS	A RELATIVE TELLS AN EMBARRASSING STORY ABOUT ANYONE
	10 ALTERNATING LUNGES	A FAMILY MEMBER MAKES A NEW SIGNIFICANT OTHER UNCOMFORTABLE PURELY FOR FUN
	10 PLANKS JACKS	SOMEONE SUGGESTS PLAYING A WILDLY INAPPROPRIATE GAME AS A FAMILY
	10 TRICEPS PUSH-UPS	A BABY RECEIVES A SUPER GREAT GIFT- CARES ONLY ABOUT THE BOX
	10 LATERAL LUNGES	A MULTI-GENERATION PHOTO IS SUGGESTED
	10 BICYCLES	A FAMILY MEMBER INSISTS THAT YOU TRY THE DISH THEY COOKED MORE THAN ONCE
	10 TRICEPS DIPS	AN OLDER RELATIVE ASKS A YOUNGER RELATIVE IF THEY ARE USING SNAPCHAT FOR "SEXTING" OR MAKES ANY OTHER REFERENCE TO SOCIAL MEDIA
	10 BURPEES	YOU'RE FORCED TO SIT AT THE "KIDS' TABLE"
	10 RUSSIAN TWISTS	SOMEONE SAYS, "YOU'RE NEXT" REGARDING BABIES OR MARRIAGE
	10 INCHWORM PUSHUPS	A FAMILY MEMBER DISCUSSES RELIGION, POLITICS OR SEX