

MIND & BODY FRIDAY CHALLENGE

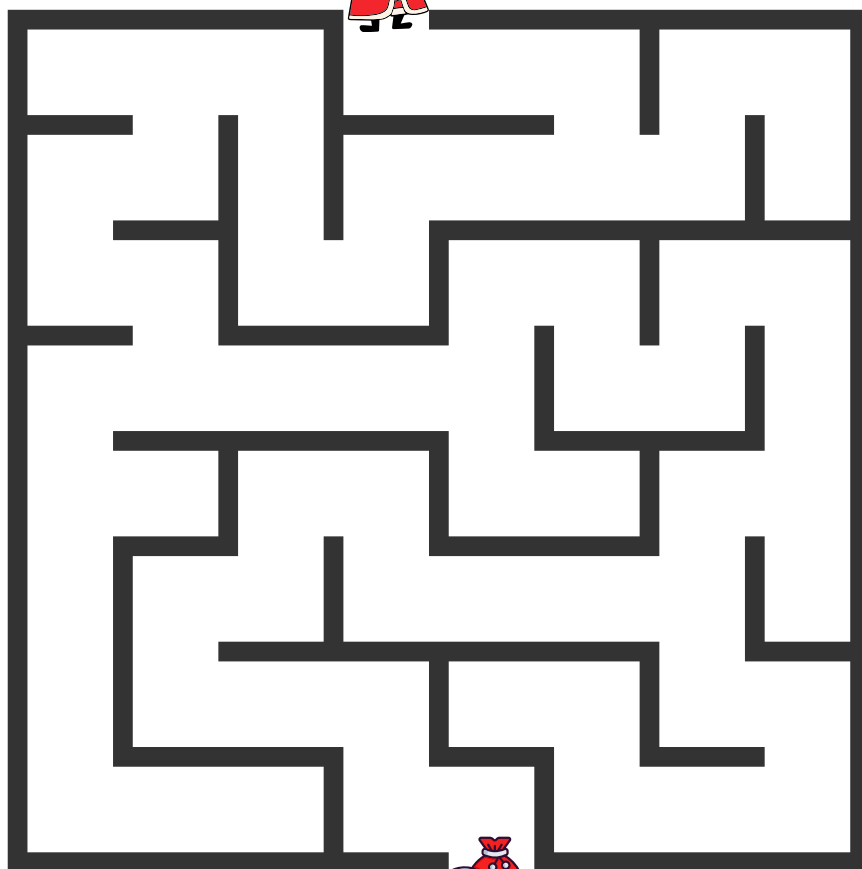
FOR THE MAZES:

PICK ONE OF THE THREE MAZES THAT MATCHES YOUR LEVEL OF BRAINPOWER TODAY. WHETHER YOU BREEZE THROUGH THE BEGINNER MAZE OR TACKLE THE TRICKIEST ONE, THE GOAL IS TO HAVE FUN WHILE SHARPENING YOUR MIND.

FOR THE FITNESS CHALLENGE:

CHOOSE YOUR LEVEL—FESTIVE FOUNDATIONS, HOLIDAY HUSTLE, OR REINDEER RAMPAGE—AND PUSH YOURSELF TO FINISH STRONG.

Can you help Santa find his sleigh?



*Help Santa find his
way to Mrs Claus*





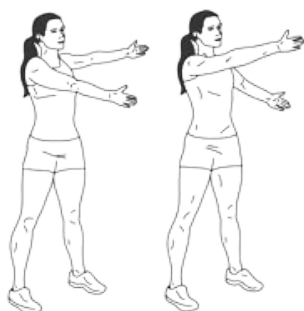
HAVE AN AMAZING HOLIDAY FROM START TO FINISH!

CHOOSE YOUR WORKOUT: FRIDAY FITNESS CHALLENGE 💪

TODAY'S CHALLENGE IS ALL ABOUT MEETING
YOURSELF WHERE YOU ARE—AND MAYBE PUSHING
JUST A LITTLE FARTHER!
YOU'LL FIND THREE WORKOUT OPTIONS

WORKOUT 1: FESTIVE FOUNDATIONS
A SOLID START TO KEEP YOU MOVING AND MOTIVATED
—PERFECT FOR BUILDING STRENGTH WITHOUT
OVERDOING IT.

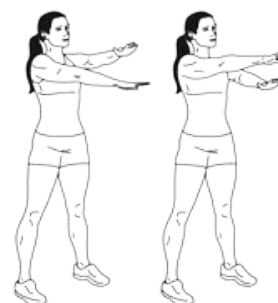
LEVEL I 3 sets LEVEL II 4 sets LEVEL III 5 sets REST up to 2 minutes



20 scissor chops



10 reverse lunges



20 arm scissors



10 reverse lunges



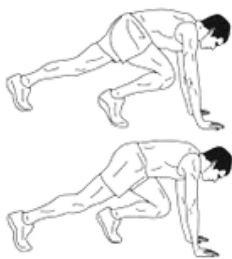
20 bicep extensions



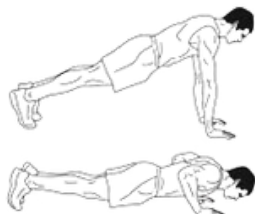
10 reverse lunges

LEVEL 2: HOLIDAY HUSTLE STEP IT UP A NOTCH WITH A CHALLENGE THAT KEEPS YOU SWEATING AND SMILING THROUGH THE SEASON!

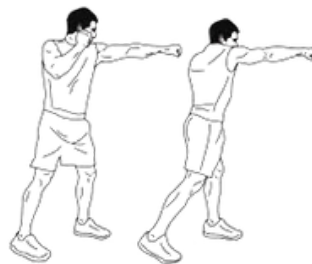
LEVEL I 3 sets LEVEL II 4 sets LEVEL III 5 sets REST up to 2 minutes



30 climbers



max push-ups



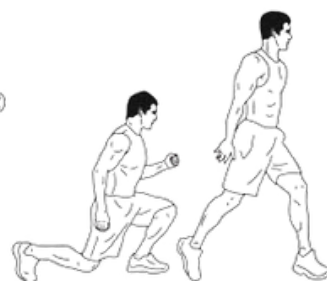
30 punches



30 high knees



30 side kicks



30 jumping lunges

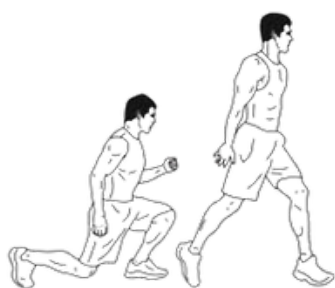


max elbow plank hold

WORKOUT 3: REINDEER RAMPAGE

A HIGH-ENERGY WORKOUT THAT PUSHES YOUR LIMITS—BECAUSE EVEN RUDOLPH HAS TO TRAIN FOR THE BIG NIGHT!

LEVEL I 3 sets **LEVEL II** 5 sets **LEVEL III** 7 sets
up to 2 minutes rest between sets



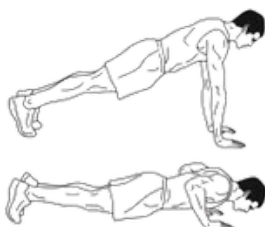
10 jumping lunges



10 jump squats



15-count squat hold



15 push-ups



30 shoulder taps



15-count plank hold



10 climbers