Workout Challenge

# Thanksgiving Plate

Let's get down to the meat and potatoes of Thanksgiving, shall we?

This challenge is all about building your dream Thanksgiving plate. Each time you pick a dish, you'll also serve yourself a workout! By the end, you'll have a full plate and a full-body burn.

## How to Play

1. Build your dream plate by picking: **1 Main, 3 Sides, 1 Topping**, and **1 Dessert**. Or go wild and load up the whole buffet.
2. Complete the workouts that match your chosen dishes.
3. If you've saved room for seconds, complete the circuit one more time!

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# Menu

| Main | |
|---|---|
| **Dark Meat** | 30 Tricep Dips |
| **Light Meat** | 25 Arm Circles Backward & 25 Forward |

| Sides | |
|---|---|
| **Mashed Potatoes & Gravy** | 25 Jumping Squats |
| **Candied Yams** | 50 Squats |
| **Green Bean Casserole** | 100 Jumping Jacks |
| **Roasted Brussels Sprouts** | Jog in Place for 90 Seconds |
| **Rolls** | 75 Calf Raises |
| **Stuffing** | 50 High Knees |
| **Salad** | 60 Second Side Plank (each side) |
| **Other** | 40 Alternating Heel Touches |

| Toppings | |
|---|---|
| **Gravy** | 50 Bicycle Crunches |
| **Cranberry Sauce** | 2 Minute Wall Sit |

| Desserts | |
|---|---|
| **Pumpkin Pie** | 15 Push-ups |
| **Pecan Pie** | 10 Burpees with Push-ups |
| **Apple Pie** | 25 Sit-ups |
| **Chocolate Cake** | 20 Walking Lunges (each leg) |
| **Ice Cream Sundae** | 30 Mountain Climbers |