

# LOVEUARY

## WORKOUT CHALLENGE

PAIR WITH HALLMARK CHANNEL'S NEW  
FEBRUARY PREMIERES FOR FUN  
COMMERCIAL BREAK WORKOUTS!

### *Bouquet of Flowers*

5 Jumping Jacks

### *Cupcakes, Cookies, or Cake*

5 Push Ups

### *Someone Says the Word Love*

10 Sit Ups

### *A Couple Goes on a Date*

8 Reverse Lunges L/R

### *A Kiss*

10 Squats

### *A Proposal*

10 Burpees