



Train Your Body and Your Brain



Complete 20 exercises and 20 riddles. Each exercise lasts 60 seconds, start the exercise then read the riddle, if you get the riddle correct move to the next exercise. If you get it wrong complete the exercise for the full 60 seconds.

- 1. Exercise:** Jumping jacks **Riddle:** What has to be broken before you can use it?
- 2. Exercise:** Squats **Riddle:** I'm tall when I'm young, and I'm short when I'm old. What am I?
- 3. Exercise:** Calf raises **Riddle:** What month of the year has 28 days?
- 4. Exercise:** Walk in place on heels **Riddle:** What is full of holes but still holds water?
- 5. Exercise:** Walk in place on toes **Riddle:** What question can you never answer yes to?
- 6. Exercise:** Forward lunges **Riddle:** What is always in front of you but can't be seen?
- 7. Exercise:** Backwards lunges **Riddle:** There's a one-story house in which everything is yellow. Yellow walls, yellow doors, yellow furniture. What color are the stairs?
- 8. Exercise:** Plank **Riddle:** What can you break, even if you never pick it up or touch it?
- 9. Exercise:** Plank with leg raises **Riddle:** What goes up but never comes down?
- 10. Exercise:** Crunches **Riddle:** A man outside in the rain without an umbrella or hat didn't get a single hair on his head wet. Why?
- 11. Exercise:** Reverse crunches **Riddle:** What gets wet while drying?
- 12. Exercise:** Full sit up **Riddle:** What can you keep after giving to someone?
- 13. Exercise:** Push-ups **Riddle:** I shave every day, but my beard stays the same. What am I?
- 14. Exercise:** Triceps dips **Riddle:** You see a boat filled with people, yet there isn't a single person on board. How is that possible?
- 15. Exercise:** Glute bridge **Riddle:** You walk into a room that contains a match, a kerosene lamp, a candle and a fireplace. What would you light first?
- 16. Exercise:** Right side crunch **Riddle:** A man dies of old age on his 25 birthday. How is this possible?
- 17. Exercise:** Left side crunch **Riddle:** I have branches, but no fruit, trunk or leaves. What am I?
- 18. Exercise:** Super-man **Riddle:** What can't talk but will reply when spoken to?
- 19. Exercise:** Bird dogs **Riddle:** The more of this there is, the less you see. What is it?
- 20. Exercise:** Feet elevated plank **Riddle:** David's parents have three sons: Snap, Crackle, and what's the name of the third son?

Answer Key

1. An egg 2. A candle 3. All of them 4. A sponge 5. Are you a sleep yet? 6. The future 7. There aren't any, it's a one story house 8. A promise 9. Your age 10. He was bald 11. A towel 12. Your word 13. A Barber 14. All the people on the boat are married 15. The match 16. He was born on February 29 17. A bank 18. An echo 19. Darkness 20. David