

***CAN YOU  
FIND THE GRINCH?!***



# DIRECTIONS

- You will be shown 3 houses



- Your goal is to guess which house you think the Grinch is hiding in



- You will perform the exercise above the house you guess for 30 seconds
- If you guess correctly and want to keep score, you can earn 1 point for each correct guess

# WHICH HOUSE IS THE GRINCH IN?

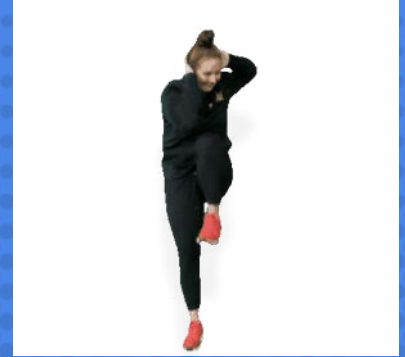
27



Backstroke



Sit-ups



Elbow to Knee



# REST & ADD YOUR SCORE!

27

0

POINTS



0

POINTS



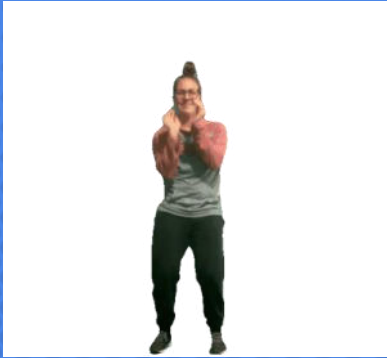
1

POINT



# WHICH HOUSE IS THE GRINCH IN?

27



Basketball Shots



Punches



Toe Touches



# REST & ADD YOUR SCORE!

27

1  
POINT

0  
POINTS

0  
POINTS



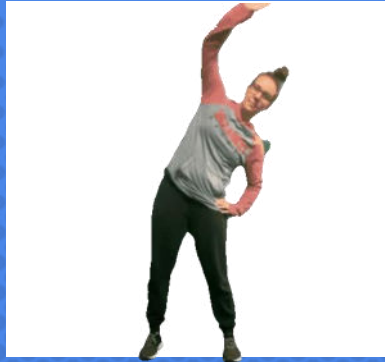


# WHICH HOUSE IS THE GRINCH IN?

27



Arm Circles



Side Bends



Running Arms



# REST & ADD YOUR SCORE!

27

0

POINTS

1

POINT

0

POINTS





# WHICH HOUSE IS THE GRINCH IN?

27



Side Twists



Uppercut Punches



Jumping Jacks



# REST & ADD YOUR SCORE!

27

0

POINTS



0

POINTS



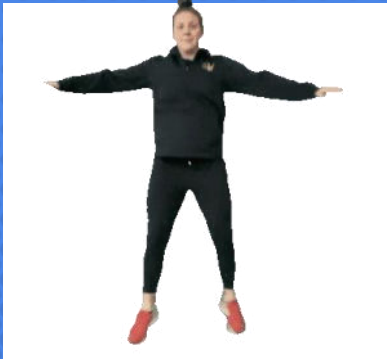
1

POINT

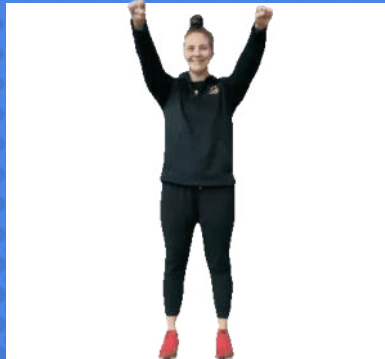


# WHICH HOUSE IS THE GRINCH IN?

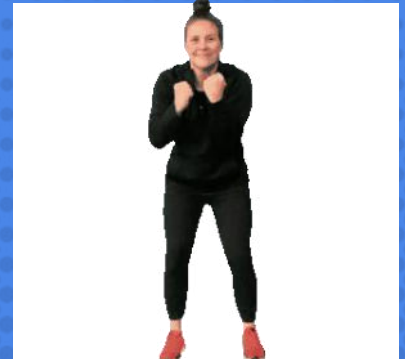
27



Cross Jacks



Front Arm Raises



Hook Punches



# REST & ADD YOUR SCORE!

27

0

POINTS

1

POINT

0

POINTS



# WHICH HOUSE IS THE GRINCH IN?

27



Push-ups



Bicep Curls



Side Arm Raises



# REST & ADD YOUR SCORE!

27

1  
POINT

0  
POINTS

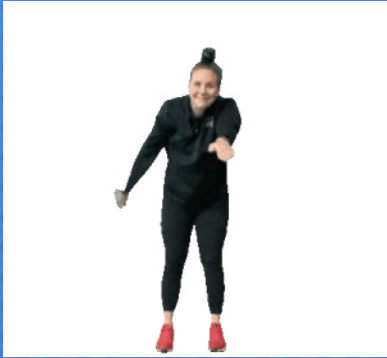
0  
POINTS





# WHICH HOUSE IS THE GRINCH IN?

27



Front Stroke



Chest Openers



Shoulder Rolls



# REST & ADD YOUR SCORE!

27

1  
POINT

0  
POINTS

0  
POINTS

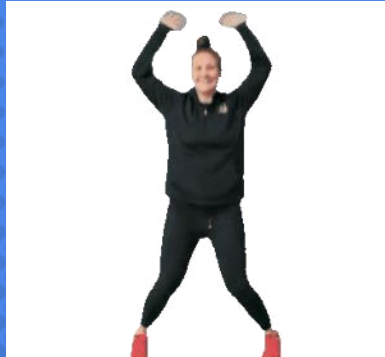


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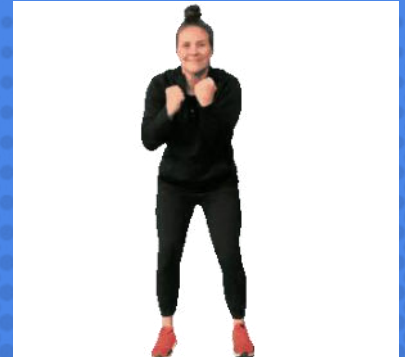
27



Sit-ups



Jumping Jacks



Hook Punches



# REST & ADD YOUR SCORE!

27

0

POINTS

1

POINT

0

POINTS



# WHICH HOUSE IS THE GRINCH IN?

27



Push-ups



Arm Circles



Side Twists



# REST & ADD YOUR SCORE!

27

0

POINTS



0

POINTS



1

POINT





# WHICH HOUSE IS THE GRINCH IN?

27



Uppercut Punches



Bicep Curls



Front Arm Raises



# REST & ADD YOUR SCORE!

27

0

POINTS

1

POINT

0

POINTS



# WHICH HOUSE IS THE GRINCH IN?

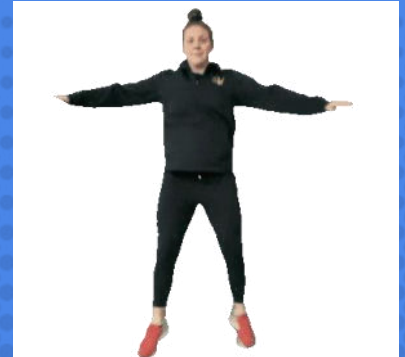
27



Shoulder Rolls



Push-ups



Cross Jacks



# REST & ADD YOUR SCORE!

27

1  
POINT

0  
POINTS

0  
POINTS

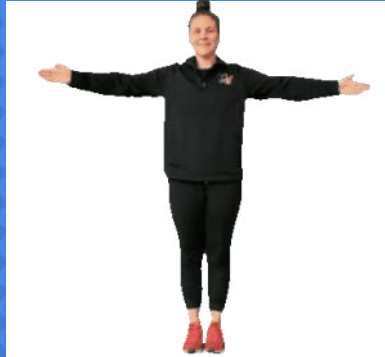


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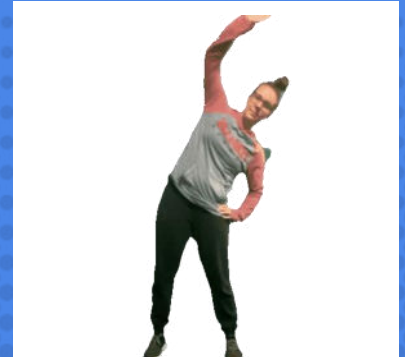
27



Running Arms



Chest Openers



Side Bends



# REST & ADD YOUR SCORE!

27

0

POINTS



0

POINTS



1

POINT





# WHAT GRINCH DETECTOR LEVEL ARE YOU?

Found the Grinch 1 to 3 times = **ROOKIE**

Found the Grinch 4 to 6 times = **ALL-STAR**

Found the Grinch 7 to 9 times = **PRO STATUS**

Found the Grinch 10 to 12 times = **HALL OF FAME**

