



# Saint Ninian's Five Guys Challenge



## FIVE GUYS

- 🍷 Create your own five guys milkshake.
- 🍷 Start with the unique creamy **vanilla base**.
- 🍷 You must select at least **5 different ingredients**.
- 🍷 Make a shake for someone else in your house.



**VANILLA BASE:  
100 SQUATS**



**BACON: 25 STAR JUMPS**



**CHERRIES: 30s HIGH KNEES**



**OREO COOKIES: 1min PLANK**



**BANANAS: 30 GLUTE BRIDGES**



**CARAMEL: 25 PRESS UPS**



**PEANUT BUTTER: 1min SIT UPS**



**COFFEE: 50 JUMP SQUATS**



**CHOCOLATE: 25 BEAR CRAWLS**



**MALTED MILK: 1min SPRINT**



**STRAWBERRIES: 25 BURPEES**

PLEASE NOTE:

Complete this lesson in a safe environment and free from any injury or illness.