

Catholic Exercises

Stay fit in the age of social distancing and grow in your faith!

Choose a person or cause you wish to pray for and complete...

- 1 minute of jogging in place for our God
- 2 push-ups for Jesus' humanity and divinity
- 3 sit-ups for the Holy Trinity
- 4 bodyweight squats for the four Gospels
- 7 milk jug bicep curls (L) for the Sacraments
- 7 milk jug bicep curls (R) for the virtues
- 12 jumping jacks for the Apostles

Then choose a new prayer request and start again!

