

FitQuest – Joke Book

A Spark & Anvil joke book. Groan-worthy puns, tricky riddles, silly nonsense, and real fun facts from the world of FitQuest – read them out loud and make someone laugh.

Why did the fitness RPG character skip leg day?

Because they already had a running streak going!

How to use this book

Read a joke, pause at the question, and try to guess the answer before you read on. Best of all: read them out loud to a friend, a grown-up, or your class. A good laugh makes the tricky stuff easier – that's real science.

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Puns

Why did the fitness RPG character skip leg day?

💡 Because they already had a running streak going!

Why did the dumbbell go to school?

💡 To get a little more well-rounded!

What did the treadmill say to the runner?

💡 "You really keep me going!"

Why was the yoga mat always calm?

💡 Because it could handle the pressure and still bounce back!

Why did the heart rate monitor break up with the smartwatch?

💡 It couldn't handle the pressure of the relationship!

Why did the XP bar go to the gym?

💡 It wanted to level up its gains!

Why are squats the most honest exercise?

💡 Because they never let you cut corners!

What do you call a knight who exercises and studies?

💡 A Warrior Scholar -- FitQuest's ultimate class!

Why did the step counter feel important?

💡 Because every step it took counted!

Why did the protein shake study for exams?

💡 It wanted to build both its muscles AND its mind!

Why did the push-up fail the quiz?

💡 It kept going down when it should have been looking up the answers!

Why was the endurance stat always the last to leave the party?

💡 Because it was built to go the distance!

Why did the skill tree go to the gym AND the library?

💡 Because it had branches in both Body and Mind!

Why are burpees the most dramatic exercise?

💡 Because every rep is an emotional journey -- down, up, jump, repeat!

What did the rest day say to the workout?

💡 "Don't worry, I've got your back -- you recover while I work on recovery!"

Why did the RPG hero always stretch before battle?

💡 Because they didn't want to pull a muscle AND a low score!

Why did the agility stat love obstacle courses?

💡 Because it was always quick on the uptake!

Why was the daily challenge always so motivating?

💡 Because it knew how to push your buttons -- and your limits!

Why did the plank exercise become a philosopher?

💡 Because it spent so much time holding its position!

What's a fitness RPG character's favorite subject?

💡 Phys-ics Ed -- it's physical AND educational!

Keep laughing

That's **20 jokes** from FitQuest. Made someone laugh? Try making up your own – the best jokes are the ones you tell.

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