

# THE SUPER BOWL WORKOUT GAME



## WHEN YOU SEE THIS...

Touchdown  
Aging actor in commercial  
Field goal  
Beer commercial  
First down  
4th-down conversion  
Extra point  
Personal foul  
Onside kick  
Run play of 20+ yards  
Aging rock star on stage  
Pass play of 20+ yards  
Timeout  
Interception  
Fumble  
Offsides  
2-point conversion  
Delay of game  
Reverse  
Double Reverse  
Kick returned for touchdown  
Sack  
Wardrobe malfunction  
Safety

## DO THIS

25 Jumping jacks  
10 Dips on chair or sofa  
20 Reverse crunches  
10 Push-ups  
20 Bicycle crunches  
30-Second faux jump rope  
10 Bridges  
10 Walking lunges  
50 Crunches  
30-Second jog in place  
Chicken dance  
10 Push-ups  
25 Squats  
10 Burpees  
10 Dips on chair or sofa  
30-Second high-knee jog  
The Macarena  
15 Back extensions (Superman)  
Run up and down the stairs  
10 Single leg squats  
45-Second wall sit  
60-Second plank  
20 Burpees  
20 Push-ups