

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