

SUPER BOWL CHALLENGE

FOLLOW THE GRID FOR EACH QUARTER FOR A FUN LITTLE SUPERBOWL WORKOUT
DO THE CHALLENGE THE FIRST TIME IT HAPPENS IN A QUARTER OR
EVERY TIME FOR A BIGGER WORKOUT.

BURN THOSE CALORIES AS YOU ENJOY A FANTASTIC SUPER BOWL PARTY



	FIRST QUARTER	SECOND QUARTER	THIRD QUARTER	FOURTH QUARTER		HALF TIME CHALLENGE
PENALTY FLAG THROWN	10 JUMPING JACKS	15 SEC JUMP ROPE	10 MOUNTAIN CLIMBERS	10 SQUAT JUMPS	49ERS LEAD	60 SEC PLANK
FIRST DOWN	20 SQUAT JUMPS	20 FRONT PUNCHES	20 CALF RAISES	15 BURPEES	CHIEFS LEAD	60 SEC WALL SQUAT
TOUCHDOWN	7 PUSH UPS	7 PUSH UPS	7 PUSH UPS	7 PUSH UPS	TIED GAME	25 PUSH UPS
INTERCEPTION	20 SEC PLANK HOLD	20 BICYCLE CRUNCHES	20 SEC WALL SQUAT	20 LUNGES	JUNK FOOD COMMERCIAL	15 JUMPING JACKS
FIELD GOAL	15 LEG LIFTS	15 BUTT KICKS	15 HIGH KNEES	15 JUMPING JACKS	BEER COMMERCIAL	20 SIDE LEG RAISES

