



SUPER BOWL LV WORKOUT



**WHY SIT STILL DURING THE GAME WHEN YOU COULD
PERFORM A WORKOUT AT THE SAME TIME!**

SEE THIS?

**FIRST DOWN
INTERCEPTION
FUMBLE
TIME OUT
PUNT
FIELD GOAL
SACK
HOLDING
PASS INTERFERENCE
TOUCHDOWN**

DO THIS!

**20 STAR JUMPS
15 BURPEES
1 MINUTE SKIPPING
10 SQUATS
10 WALKING LUNGES
15 PUSH UPS
30 SECOND JOGGING
10 CHAIR DIPS
20 SECOND PLANK
YOUR BEST DANCE!**

