

Healthy Driven™ Big Game Exercise Challenge

Coin flip = heads		10 sit ups
Coin flip = tails		10 lunges (each leg)
Touchdown (offense)		10 jumping jacks
Touchdown (defensive/special teams)		5 push ups
2 point conversion attempt		10 leg lifts
3 point field goal attempt		5 squats
Punt/field goal blocked		10 hip bridges
Safety		30 second plank
QB sack		10 lunges (each leg)
4th down attempt		20 high knees
Turnover (fumble or interception)		5 hip bridges
Famous/celebrity fan on screen		10 mountain climbers
A challenge flag is thrown		30 second wall sit
Holding penalty		5 donkey lifts (each leg)
Pass interference penalty		5 leg lifts
Time out		5 sit ups
2 minute warning		15 squats
Game goes into overtime		10 bicycles
Your team wins		10 Superman

Share the Challenge!



Follow Healthy Driven on Facebook, Twitter or Instagram. Then, show off your skills -- record a video or snap a photo of your team kicking butt on the Big Game Exercise Challenge and post it!

Tag
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 with hashtag
#healthydriven.