

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
Eagles ahead at the end of 1st quarter	 10 bicycles
Patriots ahead at the end of 1st quarter	 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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