

FOOTBALL FITNESS CHALLENGE



THE RULES: everytime THIS happens in the game, do

**INTERCEPTION =
10 JUMP SQUATS**



**FUMBLE =
30 SEC PLANK**



**TOUCHDOWN =
30 JUMPING JACKS**



**OFFSIDES =
50 HIGH KNEES**



**FIELD GOAL =
40 BICYCLES**



**FALSE START =
50 BUTT KICKS**



workout by Katie Austin