

THE OSCARS®

Red Carpet Workout



Each time someone...

Do this..

- | | |
|-------------------------------|----------------------------|
| ★ mentions a designer | 10 jumping jacks |
| ★ says the word 'stunning' | 20 calf raises |
| ★ mentions jewelry | 30 sec reverse plank |
| ★ says the word 'incredible' | 10 split jumps |
| ★ mentions a colour | 10 alternating side lunges |
| ★ makes a bitchy comment | 10 T-plank rotations |
| ★ says 'my favourite' | 10 mountain climbers |
| ★ says 'took a risk' | 10 bent-over Y's |
| ★ mentions the red carpet | 10 pushups |
| ★ congratulates someone else | 30 secs football feet |
| ★ hugs or kisses someone else | 10 bent-over T's |
| ★ takes a selfie | 20 heel taps |