

F • R • I • E • N • D • S

SEASON ONE MARATHON WORKOUT

Time: 1 hour +

Cost: \$

Location: At Home

Category: Athletic Dates

Level: Easy



Materials Needed:

"Friends" Season One

Printable Invite

Printable Challenges

Printable Workout Sheet

Instructions:

Who says binge-watching your favorite show makes you a couch potato? Deliver your invite to your date and make some space to workout in front of the TV. Once you're together, watch as many episodes as you want while doing the workout. Between episodes, complete some of the challenges on your challenge card and designate a prize for the winner. The endorphins will be only one perk of this fun date idea.

FOR LINKS TO THE PRINTABLES AND PRIZE IDEAS VISIT

makeadateofit.com/blog/friends-workout

LET'S DO A MARATHON!

[A FRIENDS TV MARATHON. WITH SOME LIGHT EXERCISE.
LET'S NOT GET CARRIED AWAY HERE.]

WHEN:

WHERE:

WE WERE ON A BREAK

COMPLETE THESE CHALLENGES BETWEEN EPISODES

BEST JANICE IMPRESSION

LIST EVERYONE'S JOBS

BEST CHANDLER IMPRESSION

BEST RENDITION OF "SMELLY CAT"

LIST PHOEBE'S TRIPLETS

BEST "WE WERE ON A BREAK!"

LIST ALL OF ROSS'S WIVES

LIST EVERYONE'S PETS

THE CLEAR WINNER

THE PRIZE

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SEASON ONE MARATHON WORKOUT

THEME SONG	JUMPING JACKS
SOMEONE GOES ON A DATE	10 PUSH UPS
SOMEONE HAS SEX	10 LUNGES
SOMEONE KISSES	10 SQUATS
PHOEBE SINGS	10 CRUNCHES
CHANDLER CRACKS A JOKE	DOWNWARD DOG - 30 SECONDS
JOEY DOES SOMETHING STUPID	5 BURPEES
RACHEL POUTS	PLANK - 30 SECONDS
THE GANG HANGS AT CENTRAL PERK	HIGH KNEES - 30 SECONDS
ROSS WHINES ABOUT HIS MONKEY	10 MOUNTAIN CLIMBERS
MONICA COOKS OR CLEANS	10 SKI JUMPS
JANICE LAUGHS	30 BICYCLES
PAULO FLIRTS	10 LEG LIFTS
HOSPITAL SCENE	10 HIP THRUSTS