

# THE WALKING DEAD

Directions: Every time you hear the word or see an action, either tally the exercise or complete it on the spot. We recommend at least half of the episode. Make sure to show us your progress on social media by using the hashtag:

## #WDworkout

<i>When someone says...</i>	<i>You do...</i>
Rick	10 crunches
Walkers	10 jumping jacks
Prison	30 sec. mountain climbers
Fence	5 glute pushes
Michonne	5 lunges (each leg)
Kill	10 squats
Govenor	7 tuck jumps

<i>When you see...</i>	<i>You do...</i>
Kills a Walker (outside the fence)	30 second wall sit
Maggie and Glenn Embrace	10 tricep dips
Carl talk back	1 minute plank
Daryl and Carol Hug	10 jump squats
Woodbury Citizen die	5 push-ups
Main group member die	5 burpees
Crying	30 seconds arm circles