Survivor TV Workout

- Rude Comment is Made
- Someone Goes Fishing
- A Fish is Caught
- Stirring Rice
- An Immunity Idol is Found
- It Rains
- Swimming Challenge
- Puzzle Challenge
- Someone Makes Fire

- Camera Pans to a Snake
- Someone Cries
- Lightening Flashes
- Someone Gets Hurt
- Jeff Says “The Tribe has spoken.”

- 12 Squats
- 15 Jumping Jacks
- Plank, 30 Seconds
- 20 Crunches
- 10 Lunges Both Sides

- 5 Push Ups
- 1 Minute Wall Sit
- 20 Squats
- 15 Jumping Jacks

- Plank, 1 Minute
- 25 Crunches
- 20 Lunges Both Sides
- 10 Push Ups
- 25 High Knees