The Big Bang Theory
Work Out Game

Whenever Sheldon says something inappropriate…
…Do 10 Jumping Jacks
Whenever they are at the Cheesecake Factory…
…Do 15 Squats
Whenever Sheldon knocks three times…
…Do 20 Crunches
Whenever someone references Wolowitz not having a doctorate…Do 5 Jump Squats
Whenever the gang gets take out food…
…Do a plank for 1 minute
Whenever something goes over Penny’s head…
…Do a 30 second Super Man
Whenever Howard’s mother yells…Do 10 Lunges
Whenever Bernadette says ‘Howie’…Do 30 High Knees