

Denver Broncos Super Bowl Victory Workout

Description

I’ll be honest, it didn’t matter to me whether the Panthers or the Broncos won Super Bowl 50. I’m glad Manning claimed his second Super Bowl victory and all, but I’m honestly more excited about turning it into a workout and sharing it here.

Manning’s career should be coming to an end soon, and I mean that in a good way. He has a beautiful family, plenty of income (I’m sure that Budweiser plug at the end helped), and it just makes sense to end on a high note. Just as I hope you can end this Broncos Super Bowl Victory Workout on a high note with a sense of pride and accomplishment.

Using the creative paperweight attached to my shoulders, I took a few key numbers from the big game and thought of what moves would best represent a bronco. Obviously, bucking bronco comes to mind, and I used the numbers 50 (for the Super Bowl), 24 (the Broncos’ final score), 10 (the Panthers’ final score), and 18 (Manning’s number). A little while later, and I give you a workout to get your heart racing and hooves feet moving.



Bucking Broncos Super Bowl Victory Workout

AMRAP (As Many Rounds As Possible) in 18 Minutes:

Run 50 meters

24 Kettlebell Swings

10 Burpees

Rest as needed before repeating rounds, but try not to “fumble” around too long. If you can’t run, do 50 jumping jacks instead. You can use a dumbbell in place of a kettlebell for swings, and make sure to use a weight that’s challenging but allows for good form the entire workout. Just like the work it takes to make it to the Super Bowl, you have to work hard to get the results you want.

I’m not sure what I would’ve created if the Panthers won, maybe rope climbs since, like most cats, they’re great at climbing. Phew, good thing the Broncos won, huh? Try out the “victory dance” and let me know if it was bucking hard or lame as a horse.

If you partied a little too hard during the game, hope youâ€™re on the mends now. Just need to make it through this Monday and then thereâ€™s only 4 days left until the next weekend, yay!

Date Created
2016/02/08

default watermark