

# SL



## WORKOUT GAMES THUNDERSTRUCK

### REQUIREMENTS :

- Outdoor or Indoor
- Number of Participants 1+
- No Equipment Needed

### HOW TO PLAY:

1. Find an open area or jog in place at a moderate pace.
2. Play AC/DC's "Thunderstruck."
3. When you hear "Thunder" or "Thunderstruck" in the song, do a burpee.
4. Keep doing burpees throughout the entire song.
5. Count the total burpees you complete.