



# BEDROOM OLYMPICS 2016



OLYMPIC EVENT	SEX EQ UVALENT	MUSCLES USED	OLYMPIC EVENT	SEX EQ UVALENT	MUSCLES USED	OLYMPIC EVENT	SEX EQ UVALENT	MUSCLES USED
100 M SPRINT	7.5 MIN MISSIONARY	<input type="checkbox"/> ABS <input type="checkbox"/> ARMS <input type="checkbox"/> BACK <input type="checkbox"/> CHEST <input type="checkbox"/> GLUTES <input type="checkbox"/> HIPS <input type="checkbox"/> LEGS	HIGH JUMP	20 MIN 69	<input type="checkbox"/> ABS <input type="checkbox"/> ARMS <input type="checkbox"/> BACK <input type="checkbox"/> CHEST <input type="checkbox"/> GLUTES <input type="checkbox"/> HIPS <input type="checkbox"/> LEGS	ARCHERY	30 MIN MASTURBATION	<input type="checkbox"/> ABS <input type="checkbox"/> ARMS <input type="checkbox"/> BACK <input type="checkbox"/> CHEST <input type="checkbox"/> GLUTES <input type="checkbox"/> HIPS <input type="checkbox"/> LEGS
100 M HURDLES	3 MIN SQUATTING	<input type="checkbox"/> ABS <input type="checkbox"/> ARMS <input type="checkbox"/> BACK <input type="checkbox"/> CHEST <input type="checkbox"/> GLUTES <input type="checkbox"/> HIPS <input type="checkbox"/> LEGS	POLE VAULT	20 MIN WHEELBARROW	<input type="checkbox"/> ABS <input type="checkbox"/> ARMS <input type="checkbox"/> BACK <input type="checkbox"/> CHEST <input type="checkbox"/> GLUTES <input type="checkbox"/> HIPS <input type="checkbox"/> LEGS	1 KM CYCLING	10 MIN STANDING	<input type="checkbox"/> ABS <input type="checkbox"/> ARMS <input type="checkbox"/> BACK <input type="checkbox"/> CHEST <input type="checkbox"/> GLUTES <input type="checkbox"/> HIPS <input type="checkbox"/> LEGS
STEEPLECHASE	50 MIN DOGGY STYLE	<input type="checkbox"/> ABS <input type="checkbox"/> ARMS <input type="checkbox"/> BACK <input type="checkbox"/> CHEST <input type="checkbox"/> GLUTES <input type="checkbox"/> HIPS <input type="checkbox"/> LEGS	JAVELIN	20 MIN HANDJOB	<input type="checkbox"/> ABS <input type="checkbox"/> ARMS <input type="checkbox"/> BACK <input type="checkbox"/> CHEST <input type="checkbox"/> GLUTES <input type="checkbox"/> HIPS <input type="checkbox"/> LEGS	100 M SWIMMING	20 MIN ORAL	<input type="checkbox"/> ABS <input type="checkbox"/> ARMS <input type="checkbox"/> BACK <input type="checkbox"/> CHEST <input type="checkbox"/> GLUTES <input type="checkbox"/> HIPS <input type="checkbox"/> LEGS
TRIPLE JUMP	20 MIN COW GIRL	<input type="checkbox"/> ABS <input type="checkbox"/> ARMS <input type="checkbox"/> BACK <input type="checkbox"/> CHEST <input type="checkbox"/> GLUTES <input type="checkbox"/> HIPS <input type="checkbox"/> LEGS	ROWING	25 MIN REVERSE COW GIRL	<input type="checkbox"/> ABS <input type="checkbox"/> ARMS <input type="checkbox"/> BACK <input type="checkbox"/> CHEST <input type="checkbox"/> GLUTES <input type="checkbox"/> HIPS <input type="checkbox"/> LEGS	GYMNASTICS	25 MIN LEGS IN THE AIR	<input type="checkbox"/> ABS <input type="checkbox"/> ARMS <input type="checkbox"/> BACK <input type="checkbox"/> CHEST <input type="checkbox"/> GLUTES <input type="checkbox"/> HIPS <input type="checkbox"/> LEGS

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SOURCES

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- [4] Nerve.com. (2009). Position of the Boy: The Playboy. San Francisco: Chronicle Books.
- [5] [www.Nutrocheck.co.uk/colories](http://www.Nutrocheck.co.uk/colories)
- [6] <http://www.nutrocheck.com/exercise.htm>
- [7] Cuggenheim, DL (2014). Sexual Fitness. New York, St Martin's Griffin.
- [8] [https://en.wikipedia.org/wiki/Metabolic\\_equivalent](https://en.wikipedia.org/wiki/Metabolic_equivalent)
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