



BEDROOM OLYMPICS 2016



OLYMPIC EVENT	SEX EQUIVALENT	MUSCLES USED	OLYMPIC EVENT	SEX EQUIVALENT	MUSCLES USED	OLYMPIC EVENT	SEX EQUIVALENT	MUSCLES USED
100 M SPRINT	2.5 MIN MISSIONARY	<input type="checkbox"/> ABS <input type="checkbox"/> ARMS <input type="checkbox"/> BACK <input type="checkbox"/> CHEST <input checked="" type="checkbox"/> GLUTES <input checked="" type="checkbox"/> HIPS <input checked="" type="checkbox"/> LEGS	HIGH JUMP	20 MIN 69	<input checked="" type="checkbox"/> ABS <input type="checkbox"/> ARMS <input type="checkbox"/> BACK <input checked="" type="checkbox"/> CHEST <input type="checkbox"/> GLUTES <input type="checkbox"/> HIPS <input checked="" type="checkbox"/> LEGS	ARCHERY	30 MIN MASTURBATION	<input type="checkbox"/> ABS <input checked="" type="checkbox"/> ARMS <input type="checkbox"/> BACK <input type="checkbox"/> CHEST <input type="checkbox"/> GLUTES <input type="checkbox"/> HIPS <input type="checkbox"/> LEGS
110 M HURDLES	3 MIN SQUATTING	<input checked="" type="checkbox"/> ABS <input type="checkbox"/> ARMS <input type="checkbox"/> BACK <input type="checkbox"/> CHEST <input checked="" type="checkbox"/> GLUTES <input checked="" type="checkbox"/> HIPS <input checked="" type="checkbox"/> LEGS	POLE VAULT	20 MIN WHEELBARROW	<input checked="" type="checkbox"/> ABS <input checked="" type="checkbox"/> ARMS <input type="checkbox"/> BACK <input type="checkbox"/> CHEST <input type="checkbox"/> GLUTES <input type="checkbox"/> HIPS <input checked="" type="checkbox"/> LEGS	1 KM CYCLING	10 MIN STANDING	<input checked="" type="checkbox"/> ABS <input type="checkbox"/> ARMS <input checked="" type="checkbox"/> BACK <input checked="" type="checkbox"/> CHEST <input checked="" type="checkbox"/> GLUTES <input checked="" type="checkbox"/> HIPS <input checked="" type="checkbox"/> LEGS
STEEPLECHASE	50 MIN DOGGY STYLE	<input checked="" type="checkbox"/> ABS <input type="checkbox"/> ARMS <input type="checkbox"/> BACK <input type="checkbox"/> CHEST <input checked="" type="checkbox"/> GLUTES <input checked="" type="checkbox"/> HIPS <input checked="" type="checkbox"/> LEGS	JAVELIN	20 MIN HANDJOB	<input checked="" type="checkbox"/> ABS <input checked="" 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 checked="" type="checkbox"/> ABS <input checked="" type="checkbox"/> ARMS <input type="checkbox"/> BACK <input checked="" type="checkbox"/> CHEST <input type="checkbox"/> GLUTES <input type="checkbox"/> HIPS <input checked="" type="checkbox"/> LEGS
TRIPLE JUMP	20 MIN COW GIRL	<input checked="" type="checkbox"/> ABS <input type="checkbox"/> ARMS <input checked="" type="checkbox"/> BACK <input type="checkbox"/> CHEST <input type="checkbox"/> GLUTES <input checked="" type="checkbox"/> HIPS <input checked="" type="checkbox"/> LEGS	ROWING	25 MIN REVERSE COW GIRL	<input checked="" type="checkbox"/> ABS <input type="checkbox"/> ARMS <input checked="" type="checkbox"/> BACK <input type="checkbox"/> CHEST <input type="checkbox"/> GLUTES <input checked="" type="checkbox"/> HIPS <input checked="" type="checkbox"/> LEGS	GYMNASTICS	25 MIN LEGS IN THE AIR	<input checked="" type="checkbox"/> ABS <input type="checkbox"/> ARMS <input checked="" type="checkbox"/> BACK <input type="checkbox"/> CHEST <input type="checkbox"/> GLUTES <input type="checkbox"/> HIPS <input checked="" type="checkbox"/> LEGS

CREATED BY

SOURCES

[1] <http://calorielab.com/burned/>
 [2] <https://www.dr.felix.co.uk/sex-workout-calculator/>
 [3] <http://www.indiatimes.com/health/tips-tricks/top-10-sex-positions-that-are-fatburning-exercises-236960-7.html>
 [4] Nerve.com. (2005) Position of the Day: The Playbook. San Francisco: Chronicle Books.

[5] www.nutracheck.co.uk/calories
 [6] <http://www.nutribase.com/exercala.htm>
 [7] Guggenheim, D.J. (2014) Sexual Fitness. New York: St Martin's Griffin.
 [8] https://en.wikipedia.org/wiki/Metabolic_equivalent
 [9] <http://www.womansday.com/relationships/sex-tips/advice/a1922/8-sexy-ways-to-burn-calories-110923/>