



SCANDAL

WORK YOUR BODY OUT

canwilldone.com

Workout designed by Gail Williams simply-fitness.net

**Scene in the
Oval Office**

30 squats

**Olivia's
Apartment**

10-20 pushups

**Olivia's &
Associates
office**

10-20 tricep dips

● 5-10 burpees or 10-20 mountain climbers

● 25 abdominal crunches

● 10-20 hip bridges

**Shutter Sound
OR Shot of
White House
OR Capital Hill**

**B613
Mentioned**

**Olivia & Fitz
in the Same
Room**

**Olivia Drinks
Red Wine**



**Commercial
breaks**

