

## Romance Novel Reader Workout I

Start reading a romance. When the following things happen, do the corresponding exercise. Then, when you finish the chapter, do that activity again.

A character looks in the mirror and describes herself:	10 dumbbell curls
An emotion is seen in a character's eyes:	25 arm circles
That emotion vanishes quickly:	10 crunches
A tingle or spark goes up the arm of one or both characters if they touch:	10 jumping jacks
The hero says that he's gone "too long without a woman":	10 pushups
The hero smells like any assortment of objects, plus MAN:	10 overhead press
A character's eyes flash, or roll:	30 second plank
A muscle in his face twitches:	10 leg lifts
A character's eyes change color based on their mood, level of anger, or degree of horny pants:	15 squats



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\*Thanks to Willamae Boling, Jennifer Lazaris, Janice Gelb & Mina Lobo for their suggestions.

## Romance Novel Reader Workout II

Still reading a romance? Good. When the following things happen, do the corresponding exercise. Then, when you finish the chapter, do that activity again.

Any time someone pads barefooted:	1 min high knees
A main character feels "strangely bereft" when the other leaves the room:	25 straight leg kicks
The heroine is a virgin (any genre):	10 crunches
She remarks upon her virginity within first few chapters:	1 min wall sit
Other people know about her virginity and remark upon it:	25 burpees
The hero references some indefinable "innocence" about heroine:	1 min plank
The hero looks at her and starts mentally undressing her:	25 crunches
The heroine wears staid clothing with sexy undergarments as her one "concession to femininity.":	25 squats



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\*Thanks to an Anonymous for her suggestions.

## Romance Novel Reader Workout III

It's time for the hot scenes in your romance novel! Let's make it count. When the following things happen, do the corresponding exercise. Then, when you finish the chapter, do that activity again.

He's going to get her out of his system:	15 front leg lifts, each leg
The hero's dick twitches:	15 side leg lifts, each leg
It's described with the words "velvet," "silk," or "steel:"	20 V-ups
She's never given a blowjob, but "she's a natural:"	40 donkey kicks
Her fingers can barely circle it:	15 inside thigh leg lifts
She thinks there's no way it will fit:	1 min plank
Someone's nipples are "pouting," "neglected," "hard," or "ruched:"	25 squats
Any comparison of nipples to fruit:	25 crunches



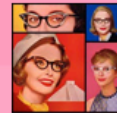
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## Romance Novel Reader Workout IV

Sometimes love scenes in romances go on for awhile. Good for extended workouts! When the following things happen, do the corresponding exercise. Then, when you finish the chapter, do that activity again.

Any sexual use of the word "need:"*	1 min high knees
Any reference to jeans or zippers about to split open:*	20 crunches
Any reference to an erection that could be used for carpentry or construction:*	20 pushups
Nipples are pebbled:*	1 min plank
Someone says something "silky" or "huskily":	15 tricep dips
There is a reference to loins:	20 Russian twists
Any physical interaction with nipples causes a "zing" down below:	25 squats
Something is weeping, and it's not someone's eyes:	25 V-ups



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Special thanks to Donnamaie, Shawny J, and Kate H.

## Romance Novel Reader Workout V

Are we ever going to be done with the romance novel sex scene workouts? No. When the following things happen, do the corresponding exercise. Then, when you finish the chapter, do that activity again.

There is discussion of wetness, who it is for, or what it means:	20 tricep dips
He's hard. Everywhere:*	20 jump squats
Breasts are straining:*	20 pushups
There's a hitch in someone's breathing:*	1 min plank
Something is "laved":	20 crunches
Something is "lathed":	100 jumping jacks
Her hymen is located some distance up the vaginal canal:	50 burpees
There is a mighty thrust that "breaks through":	25 V-ups
There is a "momentary twinge":	1 min wall sit



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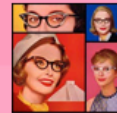
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\*Special thanks to Ladyroy, BeccahW, & LenoreJ.

## Romance Novel Reader Workout VI

Time for more romance novel sex scene cliches. When the following things happen, do the corresponding exercise. Then, when you finish the chapter, do that activity again.

He's going to make her scream his name. You know this because he says so:*	20 jump squats
The hero and heroine "become one":*	25 skaters
They don't know where he ended and she began (no glue involved):*	20 leg lifts
A womb clenches & it's not menstrual:*	20 v-ups
Any mention of "hilt":	25 crunches
He plans to "bury himself":	25 pushups
All she needs to orgasm is his telling her to do so...for him:*	25 burpees
Someone makes a "strangled cry":*	25 tricep dips
His voice is only described as "raspy":	1 min high knees



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\*Special thanks to Frannie, Kecia, Shal & CHN.

## Romance Novel Reader Workout VII

One more round of romance novel sex scene cliches. When the following things happen, do the corresponding exercise. Then, when you finish the chapter, do that activity again.

She bites her lip: 25 pushups

Someone makes some weird noise during sex like “unh” or “agh”:\* 25 v-ups

She bites her lip: 25 burpees

Afterward, he demands to know why she didn’t tell him she was a virgin: 25 tricep dips

She bites her lip: 25 lunges

He remarks with surprise that it’s never been that good before: 25 leg lifts

She bites her lip: 25 bicycles

He is surprised by his lack of interest in leaving. He wants...to cuddle?! 2 min plank

They do it again almost immediately, with no mention of soreness: 25 deep squats



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\*Special thanks to Cleo.

## Romance Novel Reader Workout VIII

You know what to do: grab your book & play along! Time to get all booky and sweaty. When the following things happen, do the corresponding exercise. Then, when you finish the chapter, do that activity again.

His shirt is ripped open: 25 lunges

Buttons bounce, fly or make a sound: 25 situps

He rips or tears a piece of her clothing: 25 burpees

He tears her underwear:\* 25 donkey kicks

The book has Bonus Materials and they’re not in the hero’s pants: 2 min. plank

Someone’s hands are trembling:\* 25 deep squats

Orgasms cause temporary deafness: 25 arm circles

Orgasms cause temporary blindness: 25 tricep dips

Someone sinks into warmth and it’s not a bathtub full of water: 25 v-ups



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\*Special thanks to KatiD, Darlynn.

## Romance Novel Reader Workout IX

You know what to do: grab your book & play along! If your book meets the following conditions, do the corresponding exercise. Then, after you finish a chapter, do that activity again.

The title contains the word "Texas" or "Montana":	25 tricep dips
The title contains the word "Idaho," "Delaware," or "New Jersey":	25 jump squats
The title contains the word "passion," "flame," or "desire":	25 side leg lifts
The title is "Passion's Flaming Desire":	eat ice cream
The cover art depicts someone who is actually on fire:	25 lunges
The cover art features a closeup of a single item:	25 burpees
The cover art features a closeup of a male fashion accessory:	25 v-ups
The cover art features a closeup of some nosehair clippers:	eat chocolate



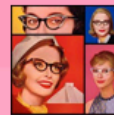
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## Romance Novel Reader Workout X

You know what to do: grab your book & play along! If your book meets the following conditions, do the corresponding exercise. Then, after you finish a chapter, do that activity again.

He has an evil ex:	25 arm circles
Another woman wants him - also evil:	1 min high knees
The other woman always wears heels:	25 crunches
Other people, small animals, and children instinctively avoid her:	2 min wall sit
The heroine is a mousy bookworm:	25 burpees
She's beautiful, everyone stares, and she has no idea, of course:	25 side leg lifts
The hero can sense her hidden passion:	1 min. plank
She's a kinky freak in the bed, but only with him:	25 squats
Being on top has never occurred to her:	25 lunges



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## Romance Novel Reader Workout XI

You know what to do: grab your book & play along! If a scene in the book meets the following conditions, do the corresponding exercise. Then, after you finish a chapter, do that activity again.

It's set a small town with a cute name:	25 v-ups
The town name could also work for a yoga studio or bakery:	25 leg lifts
The heroine or hero has located from "the city":	25 push ups
Job change or financial straits have left main character adrift:	25 burpees
Adrift character admits to having no idea what to do with self, despite years of professional experience:	25 crunches
Obvious job opportunity presents itself:	1 min. plank
Character does not recognize said opportunity for what it is:	25 lunges
There is Facebook; there is no LinkedIn:	15 jump squats



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\*Special thanks to H\_E\_Sarah

## Romance Novel Reader Workout XII

It's paranormal time, so grab your book & play along! If a hero in the book meets the following conditions, do the corresponding exercise. Then, after you finish a chapter, do that activity again.

He's a werewolf:	25 sit-ups
He's a were-lion:	25 push ups
He's a were-bear:	25 burpees
He's a were-dragon:	50 crunches
He's a were-bull:	50 high knees
He's a were-rat (and he's the hero!):	1 min. plank
He's a were-poodle:	25 lunges
He's a were-blue-footed-booby:	15 jump squats
He's a were-hedgehog:	100 burpees
He's a were-honey-badger:	50 skaters
He's a were-alpaca:	50 jumping jacks



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## Romance Novel Reader Workout XIII

Did you think we'd forgotten about you? Not a chance. Grab the romance you're reading. If any of the following items occur, do the corresponding exercise. Then, after you finish a chapter, do that activity again.

He notices her legs: 1 min. wall sit

He immediately thinks about how they'd fit wrapped around his waist: 25 squats

He notices her breasts and his mouth starts watering: 20 push ups

He notices her lips and wants to know if they are as soft as they look: 50 skaters

He kisses her and she tastes like heaven/sweetness/both: 25 side lunges

He goes down on her and she tastes like heaven/sweetness/both: 15 jump squats

He usually went for women with \_\_\_\_ but her \_\_\_\_, though not \_\_\_\_ were just about perfect: 1 min plank



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## Plagiarism Workout Verson 1.0

Plagiarism: if it's going to be this common, we might as well build muscles while we stomp on it, right? Read your favorite comment thread about the latest plagiarism discovery, and if you see any of the following, you know what to do.

"I didn't do it!" 25 push-ups

"You're being bullies!" 25 smurf jacks  
(<http://bit.ly/15P25mp>)

"Show me proof! I need proof!" 25 sit ups

"No, I mean LEGAL PROOF" 50 jump squats

"I'm calling my internet lawyer." 50 burpees

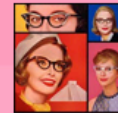
"You're such a bully!" 25 smurf jacks

"My ghostwriter did it!" 25 side lunges

"A psychological problem that I never even suspected I had" (<http://bit.ly/15P3FVF>) 1 min wall sit

"I am sorry... that I got caught." 100 burpees

"I'm going to make this all about me." 50 high knees



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## Romance Novel Reader Workout XIV

It's purple prose workout time. Grab a romance with as much purple prose as you can find. It's best if there's a hologram, a mullet, fuchsia, or all three on the cover. Any mention of the following, do the corresponding exercise, then repeat at the end of the chapter.

There's a "tender sheath"	25 push ups
There are "lush folds"***	1 min. plank
Someone has a "love grotto"***	25 crunches
Said "love grotto" has "coral walls"*	25 lunges
Someone has a "pulsing entrance"	50 high knees
Someone has a "tender sheath"	25 burpees
Said sheath, past said entrance, has a "silken grip"***	25 side leg lifts
There is a pearl, a bud, a button, a nubbin, or all of the above**	25 plank jacks
Said nubbin/pearl/etc is "sensitive" and possibly also "quivering"	25 skaters



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\*Yes, that's a real quote

\*\* Thanks to Aliza M, Catherine N, Diana L and Heather S

## Romance Novel Reader Workout XV

There's no such thing as too much purple prose. Let's find some more! Select a romance with as much purple prose as you can find. Any mention of the following, do the corresponding exercise, then repeat at the end of the chapter.

His pants house something made of "velvet steel"*	25 jump squats
Possible sighting of a "heaving manroot"*	1 min. wall sit
The hero has a "throbbing manhood"	25 plank jacks
Some part of his body "turgid"	25 crunches
Any of the above are "probing skillfully"*	25 v-ups
She holds any of the above in a "silken grip," but not with her hands.	50 skaters
Any mention of "loins," possibly "thrusting" or "heaving"	25 burpees
He "roars his pleasure"*	25 lunges



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\*Thanks to Elizabeth, Shawn, Kay, Julia, Aliza, Catherine, Destiny, Mya, & Lisa,



## Romance Novel Reader Workout XVI

There's no shortage of articles about romance that miss accuracy by a kilometer or more. But rolling your eyes doesn't burn enough calories. Any mention of the following, do the corresponding exercise, then repeat once for every comment or mention of that same article.

Writer boasts how little they know about the romance genre:	25 crunches
Writer reassures us of their superior literary taste:	2 min. wall sit
Writer announces plan to examine romance genre by reading 1 book:	10 push ups
Any reference to pornography:	25 v-ups
Any reference to masturbation:	25 burpees
Any suggestion of unhealthy or unrealistic expectations:*	25 squats
Stated or implied assertion that romance is easy to write and/or all the same:	25 skaters
Unironic use of term "bodice ripper:"	25 tricep dips



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\*Thanks to Angela James for suggestions