

Disney
THE Tangled WORKOUT

**FLYNN'S MONOLOGUE
PLANK!**

**WHEN RAPUNZEL'S HAIR ACTS AS A THIRD ARM
10 BICYCLE CRUNCHES**

**EVERY TIME THEY GET FLYNN'S NOSE WRONG
15 SQUATS**

**IF MAXIMUS IS HUNTING FLYNN
10 LUNGES (EACH LEG)**

**WHEN PASCAL CHANGES COLOR
5 MOUNTAIN CLIMBERS**

BEAUTY & THE BEAST WORKOUT



1. SOMEONE SAYS BONJOUR - DO A JUMPING JACK
2. GASTON COMPLIMENTS HIMSELF - 5 PUSH-UPS
3. BEAST LOSES HIS TEMPER - 5 BURPEES
4. BELLE CRIES - 10 TRICEPS DIPS
5. YOU SEE THE ROSE - 45 SECOND WALL SIT
6. "BE OUR GUEST" - RUN IN PLACE FOR THE DURATION OF THE SONG
7. SOMEONE MAKES FUN OF MAURICE - 10 SQUATS
8. BELLE AND THE BEAST DANCE - HOLD A PLANK
9. FIGHT SCENE - 20 LUNGES
10. BEAST BECOMES A HUMAN - REPEAT ALL THE EXERCISES ONE MORE TIME

Harry Potter

MOVIE WORKOUT

SISTERSWHAT.COM

Potter or Harry Potter is said:	5 jumping jacks
Voldemort's name is said	5 leg squats
Hermione's name is said:	5 sit ups
Ron's name is said:	5 lunges
Dumbledore's name is said:	5 push ups
"He Who Must Not Be Named" is said:	5 side lunges
Harry's scar hurts	5 vertical crunches
A spell is cast:	5 box jumps
Harry flies on a broom stick:	5 burpees
Harry catches the snitch:	Dance for 20 secs
Harry, Ron or Hermione get in trouble:	5 lumberjacks
Dumbledore appears:	run in place for duration

F•R•I•E•N•D•S

WORKOUT

ROSS AND RACHEL KISS
10 CRUNCHES

PHOEBE SINGS
10 PUSH-UPS

JOEY SAYS "HOW YOU DOIN?"
5 BURPEES

MONICA CLEANS
5 MOUNTAIN CLIMBERS

CHANDLER MAKES A JOKE
10 LUNGES

EVERYONE IS AT CENTRAL PERK
10 SQUATS

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