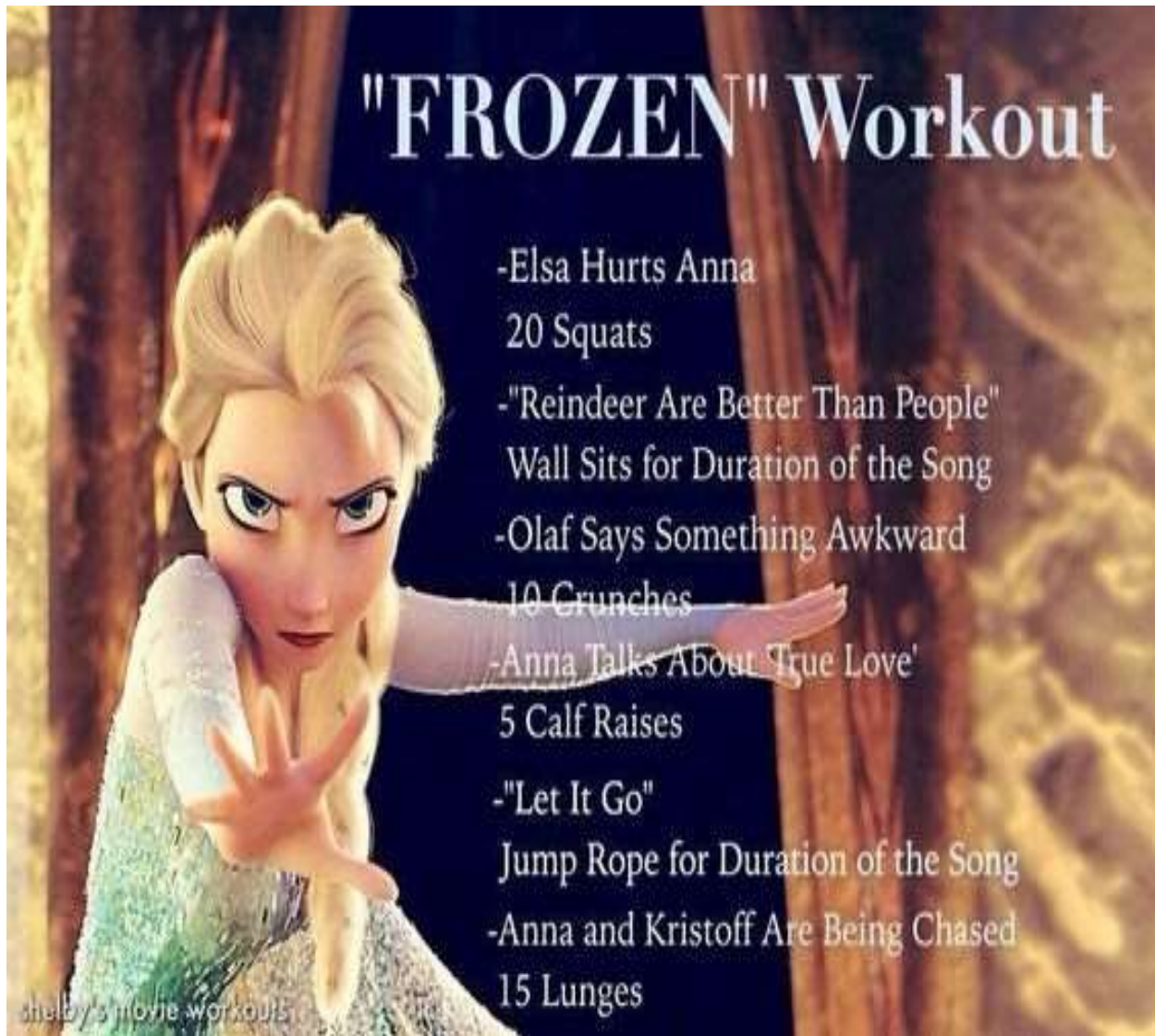


## Movie Workouts

Welcome to another week of P.E. I hope you guys are finding time in your week to get outside with the weather being so nice. With that being said, here are a few inside workouts paired with some of your favorite movies! I have attached various workouts that coincide with a movie. Scroll to find one you want. Don't see a movie you like or can't find a way to watch? Create one of your own workouts with any movie!



# "FROZEN" Workout

- Elsa Hurts Anna  
20 Squats
- "Reindeer Are Better Than People"  
Wall Sits for Duration of the Song
- Olaf Says Something Awkward  
10 Crunches
- Anna Talks About 'True Love'  
5 Calf Raises
- "Let It Go"  
Jump Rope for Duration of the Song
- Anna and Kristoff Are Being Chased  
15 Lunges

dheby's movie workouts



# Harry Potter

THE  
WORKOUT EXPERIENCE

- ↳ A SPELL IS CAST ..... 10 JUMPING JACKS
- ↳ ANYONE IS AWARDED POINTS ..... 10 LUNGES
- ↳ POINTS ARE TAKEN AWAY ..... 10 SQUATS
- ↳ HAGRID SAYS " I SHOULDN'T HAVE SAID THAT" ..... 30 JUMPING JACKS
- ↳ A PAINTING TALKS ..... 15 CRUNCHES
- ↳ SOMEONE SAYS "HE WHO MUST NOT BE NAMED"  
OR "YOU KNOW WHO" ..... 10 MOUNTAIN CLIMBERS
- ↳ RON SAYS BLOODY HELL ..... 10 SQUATS
- ↳ SOMEONE CRIES ..... 20 CRUNCHES
- ↳ SOMEONE SAYS VOLDEMORT ..... 5 PUSH-UPS
- ↳ ANYTIME A PET IS SHOWN ..... 10 BICYCLES
- ↳ A GHOST TALKS ..... 5 PUSH-UPS

# STAR WARS

## STAR WARS WORK OUT GAME

**FOR EVERY TIME A DROID BEEPS: 10 CRUNCHES**

**EVERY SPEEDER THAT PASSES BY: 20 JUMPING JACKS**

**LIGHT SABER POWERS UP: 30 SQUATS**

**HAN BRAGS ABOUT THE MILLENIUM FALCON: 5 PUSHUPS**

**YODA USES BAD GRAMMER: 5 MOUNTAIN CLIMBERS**

**C-3PO COMPLAINS: 4 BURPEES**

**THE EMPORER LAUGHS: 10 JUMP SQUATS**

**A DROID EXPLODES: 10 LUNGES (5 FOR BOTH LEGS)**

**ANYTHING EXPLODES: 10 JUMPING JACKS**

**LEIA INSULTS SOMEONE: 15 SQUATS**

**R2-D2 OR C-3PO GET DAMAGED: 10 LEG LIFTS**

**ITS SOMEONES DESTINY: 40 JUMPING JACKS**

# AVENGERS Workout

Every time Tony is sarcastic  
5 pushups

Every time Thor gets angry  
10 jumping jacks

Every time Captain America & Tony argue  
10 punches

Everytime Hawkeye shoots an arrow  
10 squats

Every time Loki & Thor fight  
20 second plank

Every time the Hulk loses control  
20 second wall sit

Every time the Black Widow beats someone up  
20 flutter kicks

