

National Lampoon's **Christmas Vacation** **Workout**



10 Pushups

When anyone says "Clark"

10 Lunges each leg

When any of the kid's names are mentioned

10 Squats

When Clark endangers himself or others

15 Triceps Dips

When they sing holiday carols

1-minute wall sit

When the neighbors get mad

1-minute plank

When Clark's bonus is referred to

20 Mountain Climbers

When Uncle Eddie and Clark appear together

20 Jumping Jacks

When you see decorations

20 Crunches

When Clark's boss is in the scene

**Complete Burpees the entirety of the
speech**

When Clark gives his "angry" holiday speech

*Merry Christmas from your friends at
Henrico Recreation & Parks!*