



# **HOME ALONE WORKOUT**

**10 Pushups**

**When Harry or Marv gets hurt**

**5 Burpees**

**When you see Harry's gold tooth**

**20 Mountain Climbers**

**When Marv says "Wet Bandits"**

**1-min. Plank**

**When you see the tarantula**

**Alternate 30 sec. high knees and 30 sec. butt kickers  
for the duration of the scream**

**When someone screams**

**15 Triceps Reverse Dips**

**When any of the kids fight**

**10 Squats**

**When anyone says "Kevin"**

**15 Crunches**

**When you see snow**

**10 Lunges Each Leg**

**When you see a Christmas Tree**

**15 Jumping Jacks**

**When Kevin makes a trap**

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