

Dr. Seuss'
How the Grinch Stole Christmas
Workout



5 Burpees

Each time the Grinch song is played

10 Pushups

Each time the Grinch steals something

5 Triceps Reverse Dips

Each time you hear a made-up word

20 Squats

Each time the narrator says a word containing "who"

20 Jumping Jacks

Each time the Grinch flashes a creepy smile

20 Crunches

Each time anyone says the name "Cindy Lou Who"

20 Mountain Climbers

When "Whoville" sings Christmas carols

10 Lunges each leg

When there is snow in the scene

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