Trolls Movie Workout

Bergens eat or talk about eating a Troll- 10 Squats

Singing- Jog in place

Someone says “Poppy”- 10 Mountain Climbers

Someone says “Happy”-10 Crunches

Someone says the phrase “No Trolls Left Behind”-10 Lunges

Hourly hug time- 5 Push Ups

Branch says something negative-5 Burpees

See a rainbow- 10 Jumping Jacks

Glitter shoots out of anything- 10 Jumping Jacks

A Bergen takes a Troll- 3 Jump Squats