A red and yellow house with a yellow house

Description automatically generated

**Workout**

**Warm-Up: Kevin's Morning Routine**

**1.** **Jumping Jacks:** Mimic the excitement of Kevin realizing his family is gone - **2 min**.

**2.** **High Knees:** Running in place to mimic Kevin running around the house - **2 min**.

**Main Workout: Kevin's Booby Traps**

Each "booby trap" represents an exercise. You'll perform **Each Exercise for 1 min** before moving onto the next, repeating the **Circuit 3-5x**.

**1.** **Spider Crawl:** To represent the tarantula scene. Get into a plank position and crawl forward like a spider for a few steps and then crawl backward.

**2.** **Bucket Swings:** Mimic the paint bucket swing with kettlebell or dumbbell swings.

**3.** **Stair Climbs or Step-Ups:** To represent Kevin running up and down the stairs.

**4.** **Feather Plucks (Jump Squats):** Representing the scene where Harry gets feathers stuck all over him.

**5.** **Micro Machines Speed Skater:** Lateral bounds or speed skaters to mimic the scene where the burglars slip on the Micro Machines.

**6.** **Ornament Crunches:** Perform a crunch every time you "step on an ornament" - simulate by tapping your heel each time you come up.

**7.** **BB Gun Rows:** Standing rows using a resistance band or dumbbells to represent Kevin using the BB gun.

**Cool Down: A Peaceful Christmas Eve**

**1.** **Tree Pose:** To mimic the scene where Kevin visits the church - **Hold for 30 sec.** each side.

**2.** **Child's Pose:** To represent the end of Kevin's adventure - **Hold for 1 min.**

**A person riding a sled

Description automatically generated3.** **Deep Breaths:** Take deep breaths and feel the tranquility and peace - **2 min.**

**Name When Completed:**