

Workout

**Warm-Up: Bedford Falls Jog (10 Min.)**

1. **Light Jogging** (**5 min.**) - Imagine jogging through the snowy streets of Bedford Falls, the fictional town in the movie.

2. **Snow Angel Stretch** (**3 min.**) - Lay on your back and make a snow angel motion with your arms and legs to stretch your body.

3. **Good Morning Stretches** (**2 min.**) - Do gentle stretches to prepare your body for the workout ahead.

 **Main Workout:** (Do each exercise for **45 sec.**, followed by **15 sec.** of rest. Repeat **3x**)

1. **George Bailey Jumping Jacks** - Traditional jumping jacks, but with an enthusiastic spirit, just like George Bailey.

2. **Zuzu's Petal Planks**- Hold a plank position, remembering the symbol of love and family, similar to Zuzu's petals.

3. **Clarence Squats** - Squats that embody Clarence's wisdom and kindness, make sure to keep your back straight and push your hips back.

4. **Mary's Dancing Lunges** - Do lunges as if you are dancing at the gym floor like Mary and George, mixing fun and fitness.

5. **Building and Loan Burpees** - Dynamic burpees symbolizing the energy and effort George puts into the Building and Loan.

6. **Bridge Scene Bicycles** - Bicycle crunches reflecting the iconic bridge scene, work on your core while reminiscing the pivotal scene.

**Cool Down: Angel's Wings Stretch (5 Min.)**

1. **Angel's Wings Shoulder Stretches** - Stretch your shoulders imagining you are earning your angel wings like Clarence.

2. **Bailey's Family Hug** - Give yourself a big hug, stretching your upper back and opening up your chest, just like the warm family hugs in the Bailey household.

3. **Star Gazing Child's Pose** - Finish with a child's pose, holding for a minute, envisioning the stars in the sky, representing the bigger picture of life and connections.

**Name When Completed:**