

## Frozen Film workout!

Watch Frozen at home and follow along with the workout as you watch!



1. You hear “snowman” : Front support 10 seconds
2. You hear “carrot” : back support 10 seconds
3. You hear “For the first time in forever” : 10 straight jumps
4. You hear “Arendelle” : 10 squat jumps
5. When Elsa doesn’t want to talk to Anna: dish hold for 10 seconds
6. When Elsa uses her powers accidentally: arch hold for 10 seconds
7. When Kristof speaks for Sven: one foot stand for 10 seconds
8. A song starts: 10 tuck rocks to stand up
9. Everytime the Duke of Wesselton’s name is pronounced incorrectly: pike fold for 10 seconds
10. When Olaf starts to melt: 3 bridges