

OSCARS®

CEREMONY WORKOUT

Each time...

- ★ the music cuts off a speech
- ★ someone says the oscar goes to...
- ★ the music cuts someone off
- ★ you call the winner
- ★ someone makes a joke
- ★ a winner cries
- ★ a celeb is whispering to someone
- ★ a winner pulls out a speech
- ★ you saw the movie that won
- ★ a winner says they're humbled
- ★ someone thanks the director
- ★ someone shows off their oscar statue
- ★ there is a commercial break

Do this..

- 30 sec chest stretch
- the wave 10 times
- 20 sec side body stretch
- 10 good mornings
- 10 alternating side punches
- 10 chair dips
- 10 plie squats
- 30 sec wall sit
- 10 shoulder circles each way
- 10 alternating curtsy squats
- 10 front kicks
- 20 incline push-ups
- walk around the house