

Trolls Movie Workout

Every time the word “HAIR” is said, practice your shoulder rotating indpendently. Look forward and rotate shoulder to your chin without moving your head. Do right shoulder, then left shoulder each time they say “HAIR”.

Ever time the word “HAPPY” is said, change position. Sit, stand, lay on your side, back or belly. Create one perfect streamline each time you move. (It will be a lot) Take a break from this activity while they sing.

Do 3 rotations of windmill arms (one arm rotates one direction, the other arm rotates in the opposite) each time they say “BERGEN” (you know, the bad guys who want to eat them)

A good breastroke pull including a “Show me your crown” glide should be done anytime Princess Poppy and Lady Glitter Sparkle are on the screen together.

3 squats every time Branch or Guy Diamond does something kinda gross.

Enjoy!

Can’t stop the feeling <https://youtu.be/KhfkYzUwYFk>

Hair Up <https://youtu.be/INaRCC276fY>