



The Zombie Summer Workout Song

Sing to Traditional Melody, "Hot Time In The Old Town Tonight"

Jazz hands in air to start, marching, take very deep breath...

Some dark night, when

Pulp Fiction two fingers across eyes, elbows out and high

We think we're safe in bed,

Point to head; head on hands as pillow

Who'll invade the city but the stinky ol' undead

Shrug shoulders three times, hold nose, zombie marching

But if you pay attention now

Tap forehead, still marching

You'll be a billion steps ahead,

March really fast

It's time to

Elbows out & high, Point to wrist

Buff Up

Arms out, curl up

To Rough Up

Arms out, curl under

Undead.

Freeze Zombie pose

Zombies! Zombies! Zombies!

Run in circles hands in air. Look terrified.



Better start your training,

March and salute (OR, if room, pushups)

Cause it's raining Zombie Hordes

Jazz hands raining down (OR, if room, on back on floor, crazy arms & legs)

Vacation time's the time to get your

Arms wide over head sweep, still marching

Hand-to-eye-Coordination

Arms straight out, touch nose alternate hands precisely, still marching

Up to Hero levels, and

March and salute as fast as you can

You'll hear a grateful nation say, "They

March, cup both ears

Buffed Up

Arms out, curl up

And Roughed Up

Arms out, curl under

Undead."

Freeze Zombie pose

Tennis! Soccer! Golf!

Swing imaginary tennis racket; kick imaginary ball, swing imaginary golf club

They Manned up

Heisman pose

And Toughed Up

Muscleman pose

And Buffed Up

Arms out, curl up

And Roughed Up

Arms out, curl under

Undead.



Freeze Zombie pose, pause...

Zombies! Zombies! Zombies!

Run in circles hands in air

REPEAT! But sing faster each time. Last one standing with no mistakes wins.



And visit www.auntlee.com/gross for gross games

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