

THE GILMORE GIRLS REVIVAL WORKOUT

COMPLETE RX REPS OR TIME THROUGHOUT EACH EPISODE BASED ON WHAT EACH CAST MEMBER DOES OR WHAT SCENE UNFOLDS.

		<i>total</i>
<i>someone drinks coffee</i>	15 JUMPING JACKS	<input type="text"/>
<i>when Sookie cooks</i>	10 SQUAT W/KNEE RAISE*	<input type="text"/>
<i>every pop culture reference</i>	5 PUSH-UPS	<input type="text"/>
<i>each time we see one of Rory's old BFs</i>	5 3-POINT LUNGES*	<input type="text"/>
<i>when Michel says something snarky</i>	5 BEAR TUCK PLANKS*	<input type="text"/>
<i>every time we see Miss Patty (or her studio)</i>	10 PLANK KICKS*	<input type="text"/>
<i>hold entire scene in Luke's Diner</i>	WALL SIT	<input type="text"/>
<i>every time Kirk says something crazy</i>	20 BICYCLES*	<input type="text"/>
<i>when a 'la la, la la' song plays</i>	5 BURPEES	<input type="text"/>