

Disney · PIXAR

# MONSTERS UNIVERSITY

## BUZZ WORD

A Monster  
**ROARS**











**RANDALL**  
appears on screen

You see a  
**SCREAM TANK**

You see  
**MIKES**  
MU Hat

A character says  
**SCARE**

## EXERCISE

		10 Lunges
10 Jumping Jacks		
		10 High Knees
10 Squat Jumps		
		10 Second Sprint

