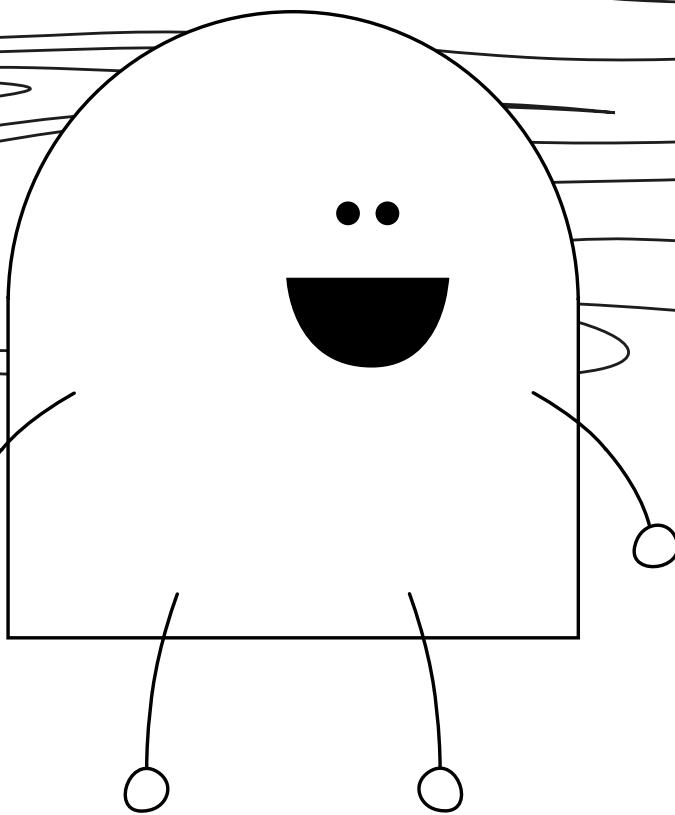


# The Super Seven's Beach Activity Club

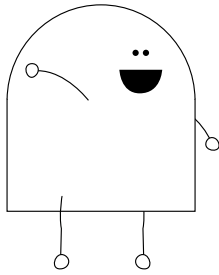
## Welcome!

Hi, I'm Zen and today we're doing a workout at the beach.

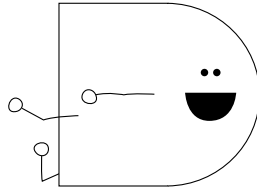
Shorts on, stay hydrated, choose your favourite tunes to play, find a space and get ready to move.



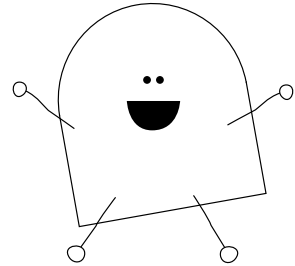
## Warm up (repeat x3)



**#1** Swim! Do backstroke, then front crawl. Do this for 20 seconds each way.

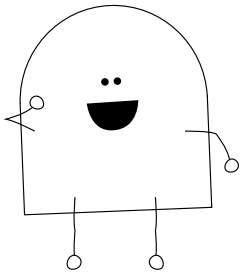


**#2** Lie on your tummy on the beach, arms by your sides and kick your legs. Do this for 30 seconds.

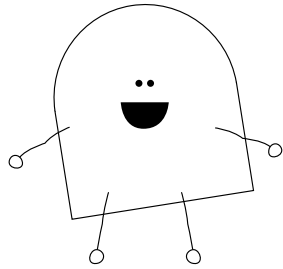


**#3** Side hops! Jump to the right, then jump to the left. Do 10 of these each way.

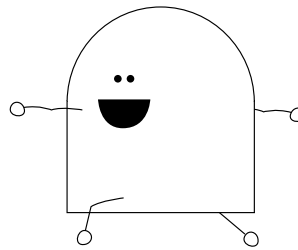
## Main workout (repeat x3)



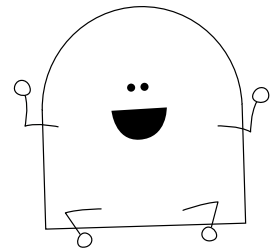
**#1** Pretend you're holding a bat and you're hitting a swing ball, one way then the other. Do these 10 times each way.



**#2** Jump up high as if you're jumping over the waves on the beach. Do 10 of these.

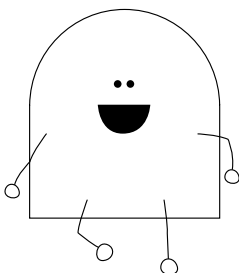


**#3** Lie on the beach on your tummy. Then quickly jump up to the Warrior Pose as if you're on a surfboard. Do these 5 times.

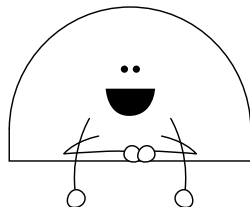


**#4** Do fast little side steps like a scuttling crab to the left then the right. Do 5 each way.

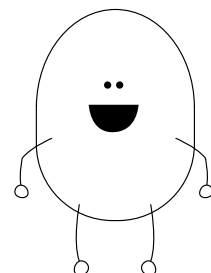
## Cool down



**#1** Shake your arms and legs as if you're shaking the sand off. Do this for 20 seconds.



**#2** Do the Turtle Pose. Sit with your legs stretched out, lean forwards as far as you can and hug your legs with your arms. Hold this pose for 10 seconds.



**#3** Stand tall and take three slow deep breaths - breathe in through the nose, out through the mouth.

**Finished your workout? Now you can colour me in!**

Snap a picture/video and tag @VirginActiveUK and we'll show off your moves!