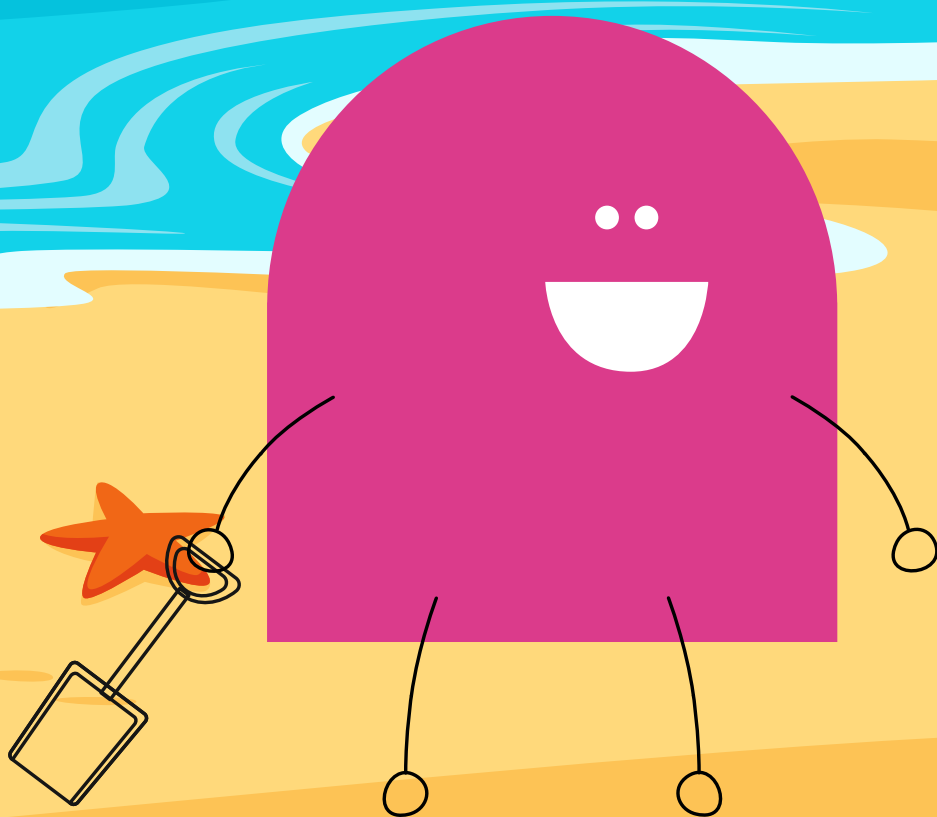


The Super Seven's Beach Activity Club

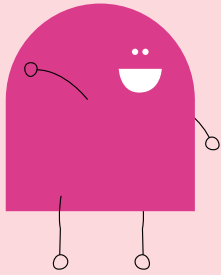
Welcome!

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

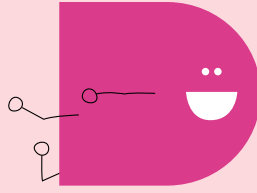
Shorts on, stay hydrated, choose your favourite tunes to play, find a space and get ready to move.



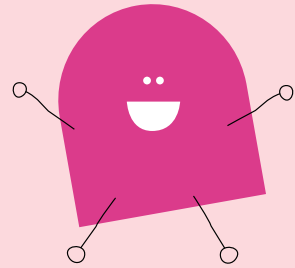
Warm up (repeat x3)



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

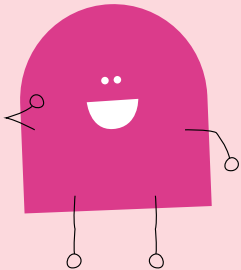


#2 Lie on your tummy on the beach, arms by your sides and kick your legs. Do this for 30 seconds.

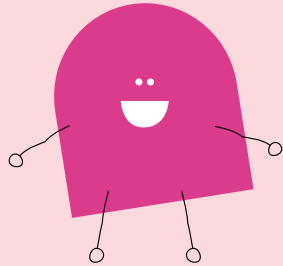


#3 Side hops! Jump to the right, then jump to the left. Do 10 of these each way.

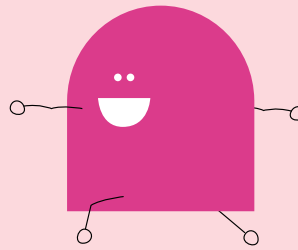
Main workout (repeat x3)



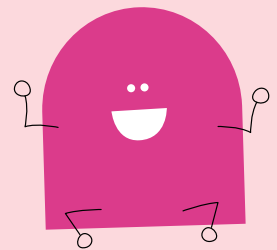
#1 Pretend you're holding a bat and you're hitting a swing ball, one way then the other. Do these 10 times each way.



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

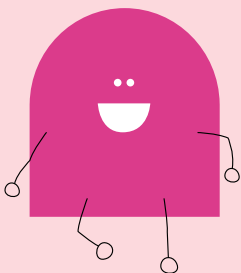


#3 Lie on the beach on your tummy. Then quickly jump up to the Warrior Pose as if you're on a surfboard. Do these 5 times.

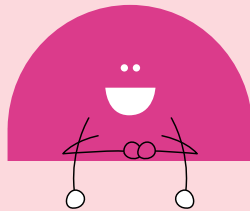


#4 Do fast little side steps like a scuttling crab to the left then the right. Do 5 each way.

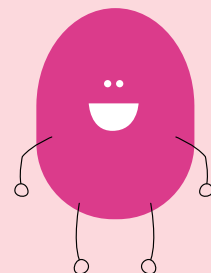
Cool down



#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.

Well done! You did it. See you next time.

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