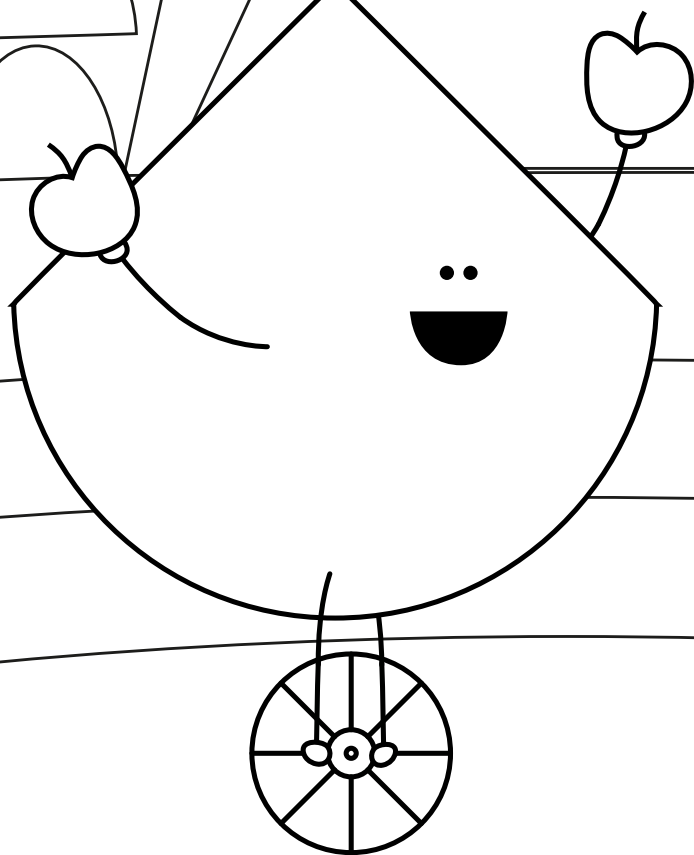


The Super Seven's Circus Activity Club

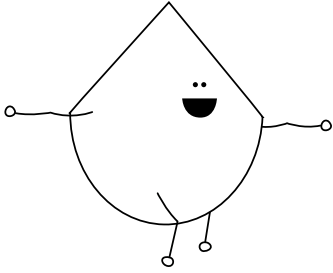
Welcome!

Hi, I'm Lolly and today we're doing a workout at the Circus.

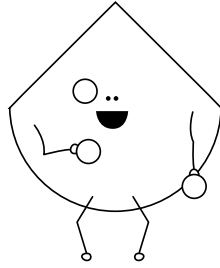
Dress to impress, choose your favourite tunes to play, find a space and get ready to move. Let the show begin!



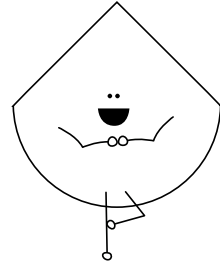
Warm up (repeat x3)



#1 Tightrope walk. Walk in a straight line, arms out for balance, turn, then walk back. Do these 10 times.

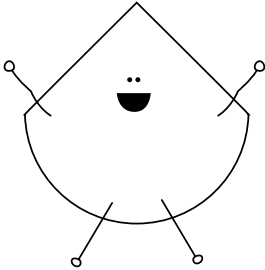


#2 Let's juggle. Arms out, palms up, bend elbows, move your arms up and down as if juggling 3 balls. Do this for 30 seconds.

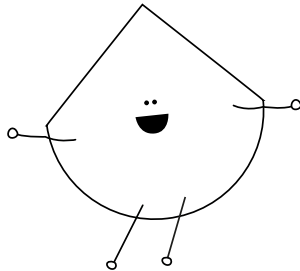


#3 Tree Pose for super balance. Lift one foot up and rest on inner calf, hands together, breathe in, balance for 3 seconds, breathe out. Do these 3 times on each foot.

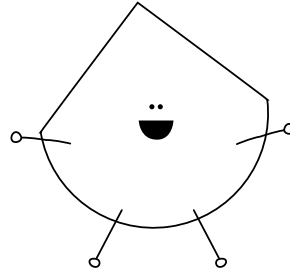
Main workout (repeat x3)



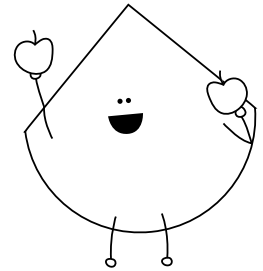
#1 Fly high with Jumping Jacks - Jump with arms and legs wide, then crouch down in a ball. Do these 10 times.



#2 How many hula hoops can you do? Arms out and rotate hips. Do this for 30 seconds (or more if you can).

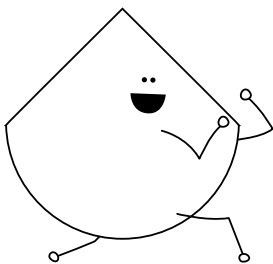


#3 The tremendous trampoline. Bend your knees and bounce up and down! Do this for 30 seconds.

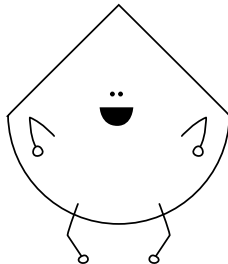


#4 With your incredible strength lift those apples. Both arms 20 times each.

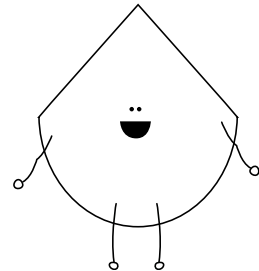
Cool down



#1 Do walking lunges around the circus ring for 10 seconds each way.



#2 You're a trapeze artist on the rope swing. Knee bends up and down. Swing your arms back and forth. Do 10 of these.



#3 Deep breath in, open your arms like a ring master, deep breath out and relax your arms by your sides. Do 5 of these.

Finished your workout? Now you can colour me in!

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