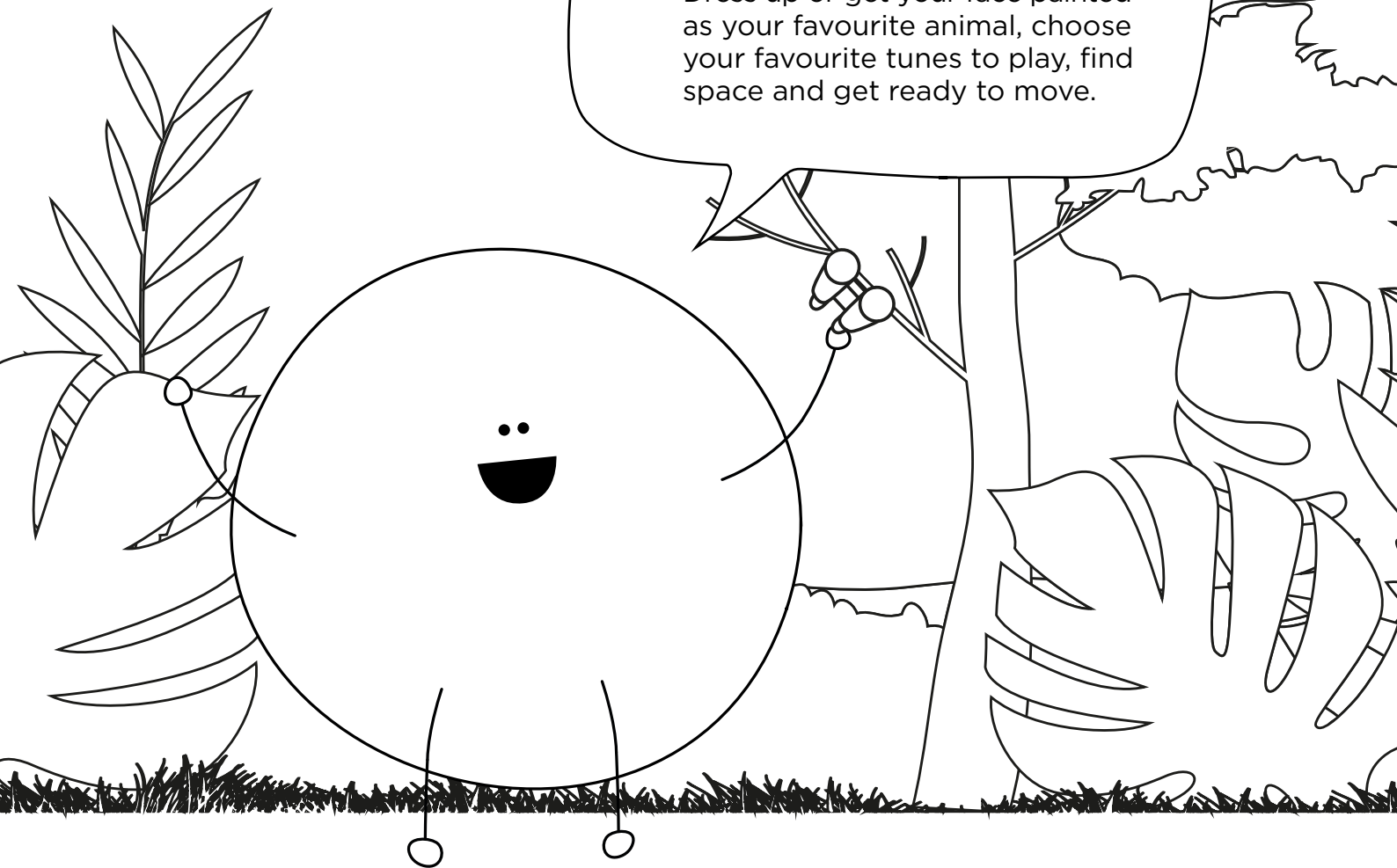


# The Super Seven's Jungle Activity Club

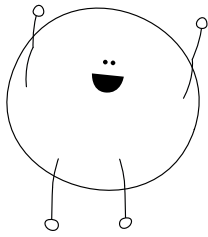
## Welcome!

Hi, I'm Bouncer and today we're doing a workout in the jungle.

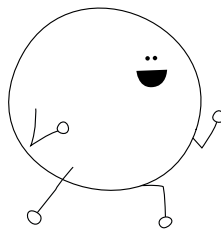
Dress up or get your face painted as your favourite animal, choose your favourite tunes to play, find space and get ready to move.



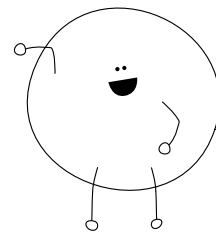
## Warm up (repeat x3)



**#1** Arms up in the air and stretch like a tree. Sway side to side gently. Do 5 of these.

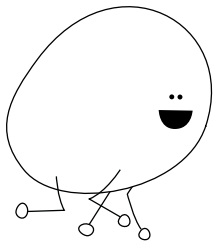


**#2** Walking lunges into the jungle, off we go. Do 5 of these.

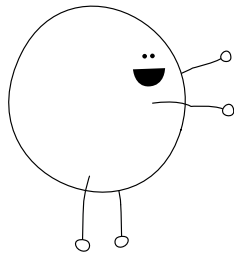


**#3** Swing your arms forwards in circles as if you're moving the branches. One arm after the other. Then backwards. Do 10 swings each way.

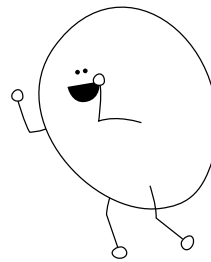
## Main workout (repeat x3)



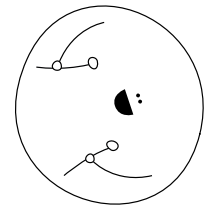
**#1** Crawl around the room like a tiger for 60 seconds. Roar!



**#2** Snap your arms like an alligator for 30 seconds. Snap snap!

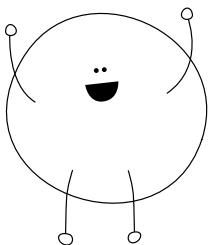


**#3** Leap like a frog up and down and around the room for 60 seconds. Ribbit Ribbit!

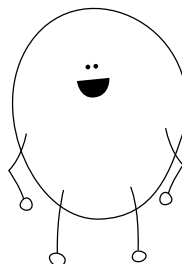


**#4** Sit on the floor and do teddy rolls like a bear for 60 seconds. Gggrrrr!

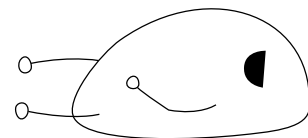
## Cool down



**#1** Sway your arms and body as if you're a tree in the breeze. Do this for 30 seconds.



**#2** Take 3 slow deep breaths - breathe in through the nose, out through the mouth.



**#3** Lie on your back and close your eyes. Be very, very still, like a sleeping lion. Can you stay like this for 30 seconds?

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

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