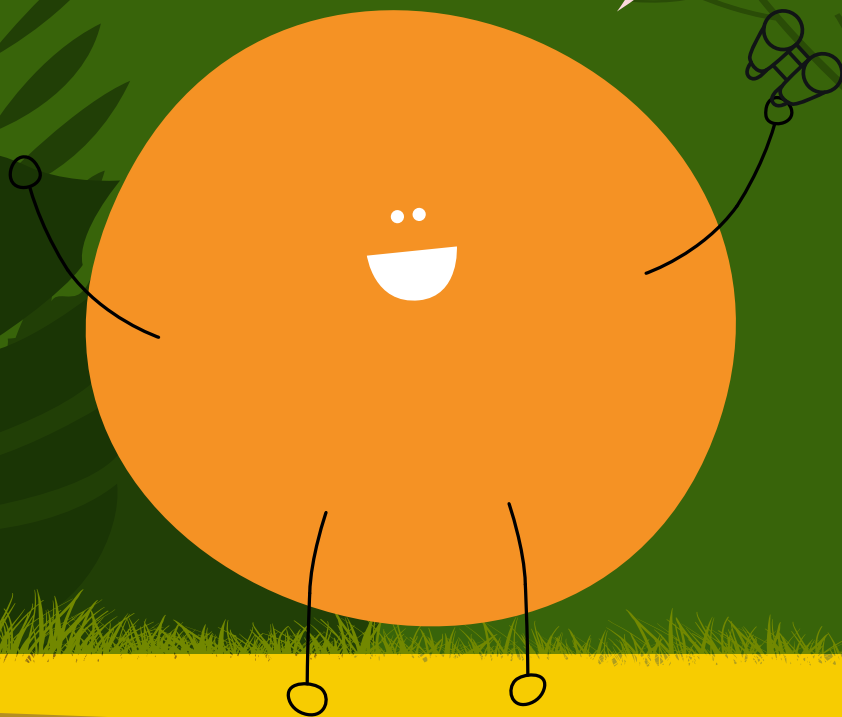


The Super Seven's Jungle Activity Club

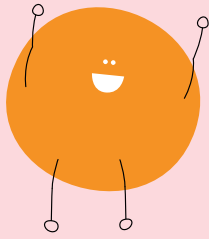
Welcome!

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

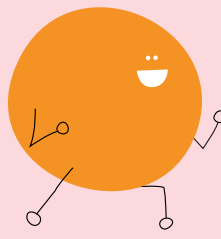
Dress up or get your face painted as your favourite animal, choose your favourite tunes to play, find space and get ready to move.



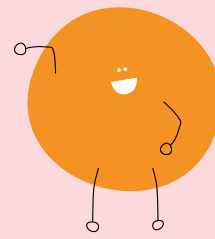
Warm up (repeat x3)



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

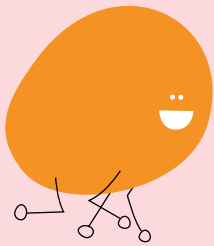


#2 Walking lunges into the jungle, off we go. Do 5 of these.

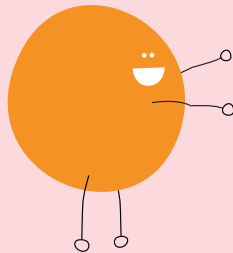


#3 Swing your arms forwards in circles as if you're moving the branches. One arm after the other. Then backwards. Do 10 swings each way.

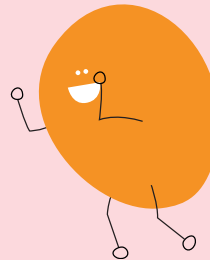
Main workout (repeat x3)



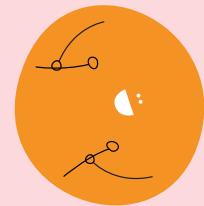
#1 Crawl around the room like a tiger for 60 seconds. Roar!



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

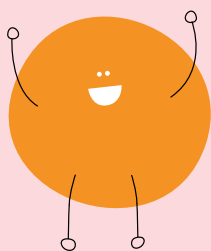


#3 Leap like a frog up and down and around the room for 60 seconds. Ribbit Ribbit!

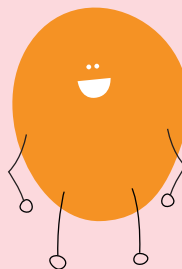


#4 Sit on the floor and do teddy rolls like a bear for 60 seconds. Gggrrrr!

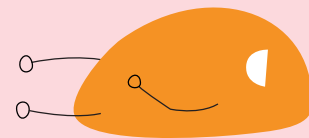
Cool down



#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?

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

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