

Release Your Inner Beast

Group Members: Ariel, Eric, Dannie, Angelo, Andruw, Daniel

Stations:

1. Bear Crawl / Crab Walk
2. Inch Worm
3. Frog Jumps
4. Mountain Lion
5. Cheetah Sprints
6. Lizard
7. Monkey Jumps

Time at each station: 60 seconds

Number people per station: 3 people --- up to 6 people

Sound change signal: Lion roar

Recommended number of circuits for 60 min class: 5x through

Safety concerns:

- Bad knees – especially for frog jumps, monkey jumps, and mountain lions
- Brace your core
- Perform less intensity versions if the difficult versions cause any joint problems

Creating the handout: Dannie, Angelo, Ariel

Creating the signs: Eric, Andruw, Daniel

Equipment:

- Mats for each person at the mountain lion and lizard station
- 2 Cones for the bear crawl to mark to the start and stop
- 4 Cones for the cheetah sprints