

Gym tonic

Bob Sinclar

Stand with your feet together, buttocks tight
Stomach pulled in and arms straight out to the side,
shoulder height
Now flex your hands upwards, press the heels of hands out
to the opposite walls
And circle forward
Two, three, four, five, six, seven, eight and back (8x)
Back

Two, three, four, five, six, seven, eight and back
Back