

## 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