

Lion King workout!

Watch the Lion King at home and follow along with the workout as you watch!



1. You hear "Hakuna Matata" : 3 squat jumps
2. You see a sunset: back support 10 seconds
3. You hear "I just can't wait to be king": 2 press ups
4. You hear "Circle of life": 3 tuck jumps
5. When Simba and Nala play together: dish hold for 10 seconds
6. When Scar and Mufasa argue: arch hold for 10 seconds
7. Whenever you see the stars: arabesque for 10 seconds
8. A song starts: 10 jumping jacks
9. Every time the hyenas laugh: plank hold for 10 seconds
10. Every time you see Rafiki: seal for 10 seconds