

LA Unscripted | June 14th, 2023

From hotspots to hidden Gems This is your guide to all things Work out The L A unscripted way from Circ school in Hollywood on the ground in the air in the water or on skates when it comes to fitness we hear a unscripted say make it fun or we don't want it Hi everyone I'm Devin and I know you're used to seeing us eat and eat and eat But hear me out we also like to break a sweat So this episode is dedicated to going off script with unique ways to work out and that's why we're here at C school Look Olivia they were to is here with me already perfecting her form But first Jasmine Simpkins is hoping it up and we're not talking basketball crunch fitness is taking you back to the nineties with a hula hoop Pilates class and I'm kind of into it Let's go 90 Hulu Pilates is a Pilates based class right But adding some extra fun with this bad boy gadget that will actually also help with alignment and getting a little bit more strength right on the court I am the vice president of Group Fitness for crunch when we are always looking for ways to engage with the world to make fitness fun There are so many people intimidated by p because it is it's very serious That's why crunch wine to come up with other ways to get in So you know maybe the hardcore Pilates method or a reformer isn't for everybody and this might be the way to get a little flavor of that but still laugh and have a good time in the nineties Hula Hoop seemed to have like a resurgence These are slightly heavier but it still goes back to that fun The music that we play in nineties H the Hoop Pilates definitely has a throwback vibe light songs that are sort of sunshiny and happy because that's what this evoked and that's what we want the class to have All right Jasmine you're up When's the last time you Hula hooped Um Probably when I was a little girl it's gonna come back to you I promise All right you just gotta move in a big circle I use that Yes Yes Yes Yes So the format of this class is we start right away just to break the ice going with the traditional what people think of a hu then we have a standing series and then we go down to the floor and have a floor series all about the core pulling in traditional work for Pilates but spicing it up with this A H loop is great for exercise instantly This motion is getting your core activated right away There's no way around it Then you add the intelligence and the richness of Pilates and why it's good for the body and it's going to add extra mobility as well Do you want to tuck that pelvis bone under create ac curve with your spine just a couple more lengthening up and then release down the difficulty level of this is probably I'm going to say honestly a 7.5 lengthen the legs out and then back to center

level two come up take the legs through the hoop and then check this out Add on boom lengthening out The popularity of this class has really surprised me The folks who take it once they see like oh I can laugh and that's been probably like the coolest thing in launching this to see that happen Thank you so much for coming to 90 Zulu Pilates Hope you had some fun OK So Jasmine told us that workout puts the core in hard core Now I can't Hula hoop to save my life But can you I haven't done it since I was a kid Should I try it OK Oh I mean that's good It's staying OK All you have to try Look I'm gonna try OK And there we go we go OK I can't do that but I can do some circus tricks Look at this It never fails to amaze me we find the coolest stuff on the show This one is so amazing Circus school right here in Hollywood CF School is a recreational circus facility located in the heart of Hollywood where if you've got a fantasy of running away with the circus you can come here and do it seven days a week give you all your money The thing about it is that in circus traditionally it was people with different skills and abilities And the beauty of the circus was that you found where you were great and where you excelled and then they amplified that we do that same kind of thing here Oh my God Circ school's founder Aloisia Gabre came from Cirque Du Soleil She started training in the circus when she was a little girl in San Francisco with the Pickle Family circus And when she came here she wanted to bring circus to the general public So her whole philosophy and what all of us coaches live by is that this is for anybody with anybody bend this knee and look it's called beauty on the bow because you look you look like a beauty on the bow of a ship Circus when taught properly is all core based And about using your body to its most efficient capacity It's your own skill your own talent your own drive your own ambition So when you achieve something yeah sure you're working out the body But you're also I think empowering yourself because you did that you did that work in whatever level you did It was amazing and successful So we have a great discount code specifically for unscripted viewers If you go to the circ school website at circs school dot com sign up for a class and use the coupon code unscripted You'll get 50% off your first class which is amazing because you could bring a date you could bring a best friend you could bring your mother who wants something more exciting in life I feel like I've come pretty far on this Do you guys have a canon that you can shoot me out of like no absolutely not Is there more we can do I just found out Olivia comes to search school all the time So she's here with Tristan and they're going to show us what she's learned OK Yeah that's so good Thank you Thank you If

you thought that was cool why should we do Parkour Los Angeles is the greatest city in the world for both Parkour and free running And today I'm going to take a crack at it Part to basic definition is getting from point A to point B as quickly and as effectively as you possibly can David Bell was a very huge playing role in Parkour Back in 1988 he was doing Parkour in places where people like never really saw it before And because of that a lot of people decided like hey let me go out let me try to do some parkour So now it just definitely became this huge thing So what is the difference between Parkour and freerunning Parkour is going from point A to point B as effective as fast as possible Freerunning would be doing so But as stylish aesthetic and as cool as you can make it out to be your own unique style Dante you're gonna teach me two very basic parkour vaults Is that right I'm going to teach you the speed vault and the step through vault both very simple vaults but very very cool And are any of these ones that Jackie Chan does by chance Totally Yes I'm gonna be like Jackie Chan today So the first vault I'm gonna show you is called the speed vault and here's what it looks like So the first thing you're gonna do is you're gonna run up to my block and you're gonna put one hand on the edge from here You're gonna jump as high as you can get your hips all the way up there and clear the block Yeah it's not graceful but it's something So for the step through vault you're gonna run up to the block you're gonna put one hand on top and then your opposite foot So if I use my right hand I'm gonna use my left from here My bottom foot is gonna pick up and I'm gonna step through my opening just like that when it comes to Parkour people always think that we're just throwing our bodies or we're doing whatever and we're being super unsafe But the thing is we're always being super careful If you see something very crazy done outside It's taken years of practice I've always wanted to do that It was so fun It was so hard but it felt like I was in a video game Really really cool I love it It actually did look hard I'm just so glad you didn't break your ankle because I know what would have been off All right Now you have time to catch your breath because we take a short break But more fitness fun coming up skating Mermaid electric shock intriguing Right Don't go anywhere Trapeze Ariel Silks Contortion It's just another day at C school Hollywood Welcome back to L A unscripted I'm de joined by the beautiful Olivia day to and we are sharing all the local unique workouts You're going to want to try whether you're an extreme athlete or a neighborly novice All levels are welcome here and the best part in a one hour class You can burn 300 up to 800 calories Oh my gosh And I was so sore all over my body That was amazing pop quiz

though What other activity can burn up to 590 calories an hour roller skating I've seen you skate get out of the way Get out of it dr If you've never been to Moonlight Roller Way what are you waiting for We've been here since 1956 Where have you been We want you to walk in those doors and feel like you're nine years old again and leave all that adulting crap Leave that behind Just come in and have a good time The decor the carpet the owner likes to keep it with that fifties look which to everybody It feels like the look of the decade that they grew up in To me it has that seventies look because that was the decade I went roller skating to you It may have that eighties look because that's the decade you grew up in Hi how are you I'm good What size can I get for you Ok So eight we have been here since the building was back in the early 19 hundreds and it was used as a warehouse to make airplane parts for the Great War because Glendale was the main airport for the wars 1956 Uh it became Harry's roller rink at that time There was a Moonlight Roller way in Pasadena And then in the early seventies the Neske family took over and they named it Moonlight Roller way too So we had Pasadena and Glendale and the late seventies Pasadena closed and Moonlight Rollaway has been the one in Glendale ever since So moonlight rollaway is the roller rink of the SARS it would be impossible for me to name them all throughout all of the years But most recently we did a special performance by Lizzo with the Can Cancel Pride Event We have done Euphoria We've done uh straight out of Compton TV shows Goldberg's Modern Family We're going to go over safety first So the first position I'm going to teach you Dana is when we put our skates together side by side you're gonna put your hands out in front Strong This is safety position So if anything goes awkward out there we're gonna go and we're gonna go 123 roll Stay strong with the body There 23 roll we're going to do a spin So what we're gonna do is we're gonna have strong arms they're going to travel across our box There we go Good job You go back Yes Yes I have to say you are such a great teacher I have learned so much in such a short amount of time that roller girl is ready to show you what she's learned Roller girl is ready for the podium Roller skating has been around forever and it's not gonna go anywhere It's great exercise You can burn up to 600 calories an hour It gets your endorphins going You feel the wind in your hair It's the camaraderie moonlight roller But you didn't know I had skills Just kidding I had a body double who was just slightly younger Don't roll away We've still got more unique workouts You're gonna want a bookmark coming up Ok Welcome back to L A unscripted from Circ school Tristan Cunningham is actually gonna teach us how to wire walk Are you

kidding Ok Go ahead All right Now the key is to always look where you're headed arms out to the side and you want to feel the wire down the center of your foot So feel the wire first then add weight If we add weight without the wire they're whoops we can fall So feel the wire add weight and let it slide right down the center of your foot Make sure you're balancing just with the arms and not with the hems Ok Olivia go ahead Who is going first Oh my God Ok I'm right here for you Ok Beautiful Right down the center of the foot Very nice Let me try and see and do it ready I'm here for you Go No no no And believe it or not it's actually harder to stand with 2 ft It's easier If 1 ft comes to the side just go to the side it's actually easier to balance it Sorry Dana I didn't tell you that secret That's ok She did So she looks pretty good Ok Ready Olivia Five seconds You got it 5432 Don't give up Don't give up 10 come on from wire now to water when I say Mermaid I'm sure how Bailey comes to mind So have you seen the film I haven't but I hear it's excellent I have to let's just say mermaids are having their moment again This underwater workout is absolutely no gimmick But I mean how hard could it be Right Mermaids are real My name is Saffron and Dana I dare you to let me teach you to be a mermaid I do mermaid performances around L A and Orange County and then also teach mermaid classes So the fitness benefits of Mermaid are um added core stability Um also it's really light on your joints and then you get cardiovascular fitness Plus it's really fun Dana Hi S are you ready Oh my God this one is for you I feel like there's some magic Look at this tail isn't it neat It is very pretty but it's hurting my feet These tails have a mono actually made for swimming with 2 ft So it's an actual device made for swimming for the flap on land Yes We're going to pull our knees up into our belly Ok And then we're going to straighten it's actually a decent ab workout going to be a lot like swimming in the water So start to start the flap with your tail by bending your knee Ok And then press the bottom of your tail into the ground or down below you as you lift your butt up Oh my God This is such an amazing workout I mean not only do I feel at my core I feel it in quads in my hamstrings in my butt even in my arms holding on So then we're gonna start to move ourselves ok off of the wall Ok And what we're gonna do with our hands we'll do one at a time So if we move our hands from side to side OK we'll keep our head out of the water start to come off of the wall Ok So we're gonna start to do that Ok Just gonna Yes Wow Ok And such a right now and normally we would do this in the shallow end You good the walls right here It's really hot Ok I think I might stay on a little a little longer Yes When learning to mermaid you first

want to make sure that safety is the number one thing that we're thinking about with Children always supervise I always recommend getting trained by someone who knows how to mermaid before just getting a tail and using it because it does have some really specific technique and you always want to maintain the safety I started out a little mermaid I ended up updated dear Complete Ok So land is the way to go I was actually shocked at how good you are at school Thank you But they kind of out the bad part But you know you you brought the word shocked and that kind of sparked a memory of mine about another fitness trend that puts the power in power Move Good to hear Beeping in 321 Don't be surprised why lightning that uses electro muscle stimulation on a suit on the outside of your body while you do functional fitness to amplify your muscular recruitment during your workout So you get a little bit more bang for your buck food is coming up Tell me when Wow in terms of what electro muscle stimulation is for normal humans The best way to describe it is what naturally happens inside of your body So your brain signals your muscles to fire during a workout Basically by putting a suit on on the outside We're magnifying that from outside and we're going to give you an under full outfit top and bottom of the under suit is made out of a material that helps to make the simulation as efficient as possible Getting to those muscle fibers to fire them So in the suit we have electrodes on nine major muscle groups Next exercise you're gonna punch across you're gonna dip punch dip punch dip punch There you go Good OK Now I'm gonna take up your abs and your chest pads So just keep moving Oh I feel the abs and that's here come the abs Wow It's like um how can it's like an electrical current running through your app So one thing that I do love to tell people about working out in the suit is that any move that you think is really simple in real life is harder in the suit What are all the things you get from a workout at lightning Number one efficiency Number two fun But then also I actually had a baby about 10 months ago So when coming back from having a baby and injury anything like that you can gain muscle you can build good muscle tone you can gain strength give it a boost and feel it out How's that The thigh muscles are like jumping off the bone my butt feels like it's like doing its own kind of unique dance by wearing the suit We're magnifying that effort level without putting excess stress on your joints you can burn roughly up to 700 calories in a workout So it can be equal to about a two hour long training session in terms of a traditional training session But you get that done in about 20 minutes Do you feel like it's a lot harder to the little Yeah the experience is different for each person So that's the beauty of what

we do at lightning Our clients range from busy executives to mom to you know self employed people I have to say that was the most unique workout I've ever done And I'm not just saying that and now I know why they call it lightning fit because it feels like you were struck by a bolt of lightning Fitness can be fun especially when you have a workout but like a live and thank you so much Tristan and thank you so much to school for letting us go off script and keep sending us your local suggestions because you never know what will end up next Good night Ah