

## LA Unscripted | September 6th, 2022

From hip hop to bungee polo to Flamingo We're breaking a sweat as we discover all things local in fitness the unscripted way So let's get physical physical cardio strength flexibility and balance Those are the standard for areas we all need to incorporate into our exercise regiment Hello everyone I'm Devin Welcome to L A unscripted And if there's one thing I can say about this part of the world we don't do anything the standard way especially when it comes to how we exercise We climb we ride we bike we dance and yes we bungee I'll say the three cures Low impact on your body maximum cardio maximum fat burning anti gravity cardio exercise Hi Dana This is Sean from DNA flying Yoga I dare you try a bunch of fitness Are you ready when I'm on fly high 123 I'm so confused Like the wearing of pants we offer a yoga bungee fitness pole dance everything kind of area here So that's how it is So tell me what is a bungee yoga exercise So bungee fitness is you use a bungee cord attach the ceiling and use the harness to add your um gear and you exercise The fun part of the bungee fitness is is actually you can do things that are something you cannot do in real life using the bungee cord like doing the inversion jumping up and down to handstand It's very stress releasing too Well where else you go go out and scream and having fun and jumping all over the place This is exactly what it is I feel like Spiderman I was a ballerina a long time ago I sprained my ankle That was a childhood dream and I couldn't do anything So I changed my job to designer in fashion I still wanted to have a little feelings for dance and something dance related An aerial yoga is second close to do what I was able to do back then But I think we need a lot of cardio exercises and I wanted to do something something an aerial version and that's how bungee came in Ok Bring it up Ok Step up Ok up here facing the front That's bad already It's like pulling my butt Is there anything dangerous about it Nope That holds about £1000 I'm gonna give you a spin Ready No spin No ready Are you ready Engage your core Lean forward lean forward hold right not to go back Can you open your arms Uh huh OK Now whip your arms up and OK So when you come to DNA flying yoga you can join single group classes or you can do private classes You can join our regular membership monthly classes as well It's very easy to follow So uh bungee Fitness is very open level First timers can come and do it experience can come do it We're gonna practice windmill stand You gonna plen your right foot Step forward palms firm on the floor and lift your hips and pipe your hips up So it looks like this Ok Step Got it

Ok OK On the floor you can do push ups that way Press up one nice two Can you miss one when you lift your left leg up W what do you say to people that think that this is just kind of a gimmick Gimmick doesn't last long I'm here to stay So come and try and for myself I did about 30 minute exercise just to check with my apple Watch how many calories I'm burning I bought about 9 80 Yeah I can tell you what you are not stressed or you're not thinking about anything else while you're here because you're so focused on what you're doing and then you're laughing because it's like who could be mad on a swing set Right Couldn't be better Luca All right I feel better already And we are just getting started Now how about a horseback ball game that dates back to the sixth century BC Polo is one of the world's oldest team sports and a great if not unique form of exercise We sent our resident rider Olivia De were to to her field of dreams to try and master the art of the mallet They say that polo is the oldest sport ever played and they still play it the same way today especially here at California Polo Club Polo actually started in Central Asia which is Persia or modern day Iran going back to like sixth century BC I don't know if it's true or not but they actually used for polo balls with skulls of people's heads It was a way of training the the military back at that era on horsemanship and obviously nobody knows for sure But that it's the oldest sport in existence We have five instructors that teach all the way from complete beginners that have never ridden a horse before all the way to professionals that actually want to fine tune their game for the act the complete beginners we furnish the horses all the equipment that's needed So anyone that's actually never even ridden a horse before can come out and learn how to play polo A good polo horse loves the game They they actually get excited like people do when they're getting ready when they're being packed and coming out into the arena This is the first step of learning polo Is that right Yes The range is the first part Then the strips and the mallet last the mallet have to be always up up I see that the tail is tied Why is this tail tied We tied the tail because sometimes some horses they move the tail too much The mallet don't stuck in the tail Fun fact I can actually ride but I've never played polo Not once in my life Stop go turn turn there Only here Stay in this area So before we start I want to see you how you so now the mallet you have this position grab the mallet with your left hand put your thumb OK And turn and like this Have it Yes right there Every time you play polo you need a position This is the line of the ball upside the mallet is in position This is the line of the ball near side The mallet have to be in the line of the ball at all the time back Now hit upside forward maintain that position at all

the time So you come in here mullet up mullet back follow through Great job Olivia OK The th master step A and T were really big exercises back in the nineties But Jasmine Sims found a class that all about getting old school skinny today OK L A unscripted I am getting ready to try old school skinny I've actually even got on you know something old school theme Can you guys guess what It's from Clueless Yes Now hopefully I'm not clueless trying to learn these dance moves but we'll see So let's kick it Old school Skinny is unlike any other class that I've ever experienced I feel like one of the best parts about it is that everybody feels like family feels like we're all at a backyard barbecue having a good time and they all my husband and I actually uh we met on the dance floor and we've literally been dancing together ever since My name is Janelle Lucky I am the co founder of old school Skinny Here we go Butterfly Old school skinny is a dance party It is all nineties all day long But we are also bringing in the things of today the music of today that everybody is bopping to old school skinny started because my mother needed to have knee surgery and she was uh needing to lose some weight My husband and I weren't necessarily wanting her to do the traditional you know classes that everybody else does You know we needed her to get pumping a little quicker When I first met my wife I had just finished a dance competition on oxygen and it had part to do with weight loss once my mother in law really needed to lose the weight And I saw that she wasn't necessarily having the type of fun and engaging atmosphere that we knew we could provide for her It was just time to go ahead and step in and do what we knew we could do for Now I'm sticking with old school skinny to keep myself vigorous and stretching my muscles We actually started the class through our church It just got bigger and bigger And before we looked up it was like we've got 15 to 16 people in class every week My husband and I are both eighties babies kids of the nineties you know Nickelodeon all that like the nineties are us So it's been a great kind of like recognition of how powerful old school skinny really is Now That looks fun coming up That co uses both of his left feet for a little dancing exercise and will be right back as I learn how to poop Hi A scripted David passage here So excited to bring you some of my favorite post workout stretches We've got a runner's twist followed into a low supported lunge Join me down on the floor in a high plank We'll get started right here Let's go You'll be in a high plank step your right leg back left foot right here by the side of your left hand We take a deep exhale as we open up getting into your hip flexor opening your chest eye gaze following your hands come back down to your

plank Drop your right knee down on the ground lift up right here and lean forward We're focusing on our right hip flexor as we inhale reach up lean back stretch the front side body get a little vulnerable All you have to do is take it down to the ground switch sides right here Exhale open come back down drop your left knee low supported lung and he'll reach out take it back down You can take your time with the stretching It's always important to go a little slower with your stretch Use your breath as a tool Thanks again You guys I'll see you next time I still can't do it All right Welcome back to L A scripted round up of unique exercises I'm demon So want to know the top two ways to dance your calories off Zumba and Flamingo That's right And do Coke is putting on his dance shoes for the Spanish way to slay those pounds My name is Doctor Coco Cabrel I'm known as the flamenco dancing MD round and around Can you go all the way Yeah I really help people to choose themselves so that they can find their inner joy bring this leg together and now do the other leg using MD designed flamenco inspired movement and exercise I've been an anatomy and physiology professor for 30 years and I've been a flamenco dance professor for almost 20 for all this time I've been trying to figure out you know how can I make this power of flamenco accessible This is a flamenco case within their first month I've had people lose 6 £9 easy easy with this cape now kind of twist away from your extended leg So that yeah and now whoosh Woo So that's really going to get like this full upper arm upper back and core workout When you're working it on this horizontal you're getting all this deltoid Right Yeah Good That's what I was finally able to harness and deliver to anybody Like anybody who has an internet connection We will be back with more unique exercises right after this Hi A scripted I'm Natalie from Equinox As you all know in order to stay motivated we all have to carry some of our top accessories with us Some of my favorite are my everyday gym bag to carry my essentials If you want something smaller a fanny pack would be great recovery items such as a foam ruler a massage gun and most importantly a water bottle to stay hydrated Hey L A unscripted I'm young coming to you live from Equinox and today we're gonna focus on strength Now the push up is a great move because it really truly does work your entire body So I'm gonna give you a few variations to help get you through it Start off first in this quadruped position are all fours and then just simply take the legs back one at a time Now this is the hardest level for a push up You go all the way down and come all the way up trying to squeeze those shoulder blades together all the way down and up Now maybe you've got some injuries or maybe you're just

not there yet and that's ok We'll drop down to the knees and repeat all the way down and up and now if you've gotten to your toes but maybe you're starting to get a little tired just go all the way down chest and hips fully to the ground and then push yourself up Now push ups can be done anytime or anywhere and they're pretty much in all of our workouts So Ellie unscripted add this one to your own workout Welcome back to L A script and everyone I'm Devin So reverse running Indoor rowing spinning and Hula hooping are all the rage right now in the fitness world And we just uncovered the newest exercise kid on the block So around the wrist because safety first don't want this to fly off my hand I'm being outfitted for a workout from a fitness app called supernatural So already I've been transported to this amazing mountain top It lets you box meditate or stretch in virtual reality The sun actually looks like the moon instead of a bike or treadmill You use a \$300 VR headset called Meta Quest Formerly Oculus made by the parent company of Facebook You feel like you are completely present in what you're doing and you're just moving your body to music and kind of playing this sport of the future Leanne Pedant is a trainer and head of fitness for supernatural It absolutely is a very different way to work out And I think this is here to stay Once you're inside the headset the Real World melts away I can see the earth and the horizon I mean when was the last time you worked out on the moon Suddenly you're in an exotic location like a mountain top getting the hang of it After a bit of instruction I was using boxing motions to punch away approaching orbs It really looks like these things are coming at me and ducking left and right It's getting tougher Always bringing your hands back into that guard elbows close to the body with the r you get to be fully immersed in what you're doing so much so that you have to be careful I accidentally hit my photographer He's ok but I didn't realize he was there since you can't see around you It's best to find an open safe place to work out My heart rate's at 120 which means I was getting a little bit of a work out there while video games are often associated with the couch VR Fitness is a fun and innovative way to get up and move The only exercise I've done today I jumped to a conclusion That was about it All right Now the fitness craze in America really kicked into high gear in 1982 with aerobics and Jane Fonda's classic workout videos But wow Have we come a long way No leg warmers and tights for what I'm about to show you just electrodes Good to hear Beeping in 321 Don't be surprised Wow Lightning fit 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 in we're going to give you an unders it's just a full co outfit top and bottom The unders 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 they 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 here come the abs Wow It's like how 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 Let's 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 Um It feels like it's like they don't really have large pieces of equipment uh because we don't need them by wearing the suit We're magnifying that effort level without putting excess stress on your joints you can burn roughly up to 700 K in a workout So it can be equal to about a two hour long training session 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 Ok That is all the time we have for tonight Thank you so much for hanging out and working out with us Got it We'll see you next time Good night Let's go