

LA Unscripted | April 8th, 2022

From hot spots and hidden gems to lots of local flavor It's your guide to L A the unscripted way and tonight we're getting fit Hello everyone and welcome to scripted from the beautiful and rentable LA Mansion I'm Devin And if there's one thing you can say about Angelino's we love to work out and we don't always do it the traditional way Case in point the way I'm about to spring into action I'll say that 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 you're wearing 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 to sing 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 a 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 So 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 a fashion I still wanted to have a little feelings for dance and something dance related An aerial yoga is second closer 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 aerial version and that's how bungee came in Ok Bring it up step up Ok Up here facing the front That's bad thing already It's like pulling my butt out Is there anything dangerous about it Nope That holds about £1000 I'm gonna give you a spin Ready No 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 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 gonna plan 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 lift one leg 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
colors I'm burning I bought about 9 80 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 honestly
such a fun workout I had a blast Now Liberty Chan raises the bar on the
exercise front and feels the ballet burns that this is a workout that if for
anybody who's out there who think I'm not a dancer I'm not flexible I'm I'm
clumsy I have two left feet I'm super uncoordinated This workout still works
for you My name is Andrea Rogers and I'm the founder of Extend Bar So
Extend Bar is a super effective low impact workout that's based on the
principles of dance and Pilates But that doesn't mean you have to have any
dance experience or be a ballerina or have any Pilates background So they
started dancing from the age of three That love of movement just carried me
through my entire life and then I transitioned that love into a Pilates career
And I've just always carried this love of movement and empowering women
to move their bodies This bar actually he my house a few days ago I put it
together and I thought I was going to have to call someone in But no no no
no no I wanted it to be as I said functional and effective piece of a prop and
equipment that you can use at home to amplify your workouts And I was
shocked it came in a in a pretty small box I was downstairs I set it up you
know it probably took me 10 minutes I'm gonna show you two specific bar
strengthening moves We're gonna open our feet up to the sign and take a big
tiny step to what we call second position This is a YP A this is awesome You
feel right It hurts and we're gonna work Now the best I'm gonna be forward
on your bar take the outside leg and point it behind you You're gonna lift and
squeeze my gosh the bird the bird consistent effort over time equals results
Two different websites you can go to extend bar dot com X pe N DB A rre
dot com or you can go to Andrea Lee Rogers dot com And that's where the
ballet bar is Well at least liberty got to keep her feet on the ground for that
But this next form of exercise is a little more high flying I'm still not sure
exactly what I was thinking But hey turns out this lady is a tramp tramp
queen Let me my knowledge and skill from tumbling and parkour really
helped me transition into a tramp So the tricks that we do here should not be
attempted at at home with your own backyard trampoline My name's Gary
Myers Dana I dare you to try the tramp The junk trip community is a group

of guys just having a good time progressing in the sport and filming fun exciting videos The couple to a few seconds of air time between when you take off from the wall to when you land on the trampoline That weightlessness the air time It's the closest thing anyone can get to flying without having to jump out of an airplane with a parachute attached to them I wouldn't know how to define it Uh But it it's a circus art mainly I started at a gym a free running gym uh with my kids I have one son who's disabled So he loved it There was a point where they changed the age restrictions so the kids couldn't come with the adults anymore So our only alternative was to build our own I got donated scaffolding I got cheap plywood It was just me cobbling it together to see if it would work And I called it junk tramp I never expected it to become what it is Ok What am I learning here I'm so excited So we're just gonna go over a couple a couple of minor techniques to get you comfortable with bouncing from your back and you know um maintaining a good body position Try to keep yeah your hips and your back all in one straight line Feel the trampoline with this timing is a lot of it because you wanna be able to load your your knees in and kick out with the bed I mean you make it look so easy I got to So just like how we started but instead of trying to get your feet back to the floor your feet will have you start with your feet on the trampoline and what you're gonna do Let's put we put tens of feet on the wall open the wall back One three I chickened out OK Made it to her I did it sort of OK Coming up how to add a little hip hop to your workout and our own doug Colt goes flamenco dancing Yeah You're not gonna wanna miss that Welcome back to scripted exercise Extravaganza and our own Jasmine Sims is giving you the skinny on an old school way to get that 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 with 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 quick 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 So say you're 18 to 25 live in So Cal and want to become a firefighter Well I'm about to show you how to get prepared for that job And more the California Conservation Corps is a state program that gets 18 to 25 year olds veterans up through age 29 ready for work It's the bottom line We get them a lot of different kinds of training in this case here today You're going to see what we do with the wildland firefighting crews I can't wait to start fighting fires But first let me gear out Thank you Established in 1976 by Governor Jerry Brown when he was governor the first time And since then we have been getting 18 and 25 year olds you know ready for work The reason I joined is because I wanted to become a firefighter So to kind of get my foot through the door I thought it'd be pretty awesome to to become a wildland fighter fighter first So I didn't graduate on time and I was just more focused on working and making money to like support my family I I found the CCC and they offer a program where you can work and they kind of pay you to go to school as well which is pretty awesome because that's not gonna really happen anywhere else I wanted to take the opportunity to join something that I know will challenge myself and set me on my career path because I do want to be a wild land firefighter I knew there was gonna be more guys in the program Um It's been good it's been challenging but it's awesome to show the guys that us ladies are able to do just as much work as they are and keep up the partnership and cooperato rship that Cal Fire and the California Conservation for have the training that they receive while they're on the cruise enables them to be prepared to enter the Cal Fire outfit ready to go They're essentially turn key You're going to put out a fire is on the ground boots on the ground digging

line to create a break so that fire can't advance And that's what these young men and women are doing today They are doing their training right now of how to properly dig a fire line to scrape all of the vegetation down to the bare earth So that if a fire and flames come along that that flame has no fuel so easy to join the CCC The only thing you have to be 18 to 25 years old veteran through age 29 lawfully present in the state of California That's it All right Olivia And we will be right back with our own Flamenco King Doug cot Trust me you're not gonna want to miss this Welcome back to L A scripted from the LA mansion in Beverly Hills and we hope you're in the mood for a very different kind of dance lesson How about Flamingo to keep you fit Do co has all the dates even if he has two left feet 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 And 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 cake 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 W Yeah 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 She's got the movie star looks you'd expect to see in Hollywood but it's not scripts This sponsor is poring over Adriana's insurance I came to this country when I was 18 I came undocumented No English no money just big dreams big dreams like everyone else that comes to America looking for that opportunity I was able to pursue my dream by working hard and making sacrifices and really and really being committed to what I wanted but I wouldn't have been able to do it without my mom that balance between life and work that we all women are looking for It's it's very hard it's very challenging and but it's very essential for peace to make sure that I set time for myself and I separate quality time for my family Being a leader is not easy but I have a great team finding that that balance is is challenging But I think that managing your time right knowing your priorities and basically knowing also where you're going because when I know where I'm going and why now when I'm at work I'm at work and I'm focused there and I'm

determined to finish and then go home And then when I'm when I'm home I'm with my kids and I'm being a mom and I cook and I and I do what fills my heart Adrian insurance is my pride and joy I built this company from zero and I'm very very proud of that It's a family owned business as much as I wanted to be superwoman I realized that no that I had to rest in this particular case I don't wanna cry But I my heart I had a problem with my heart and I had a heart attack I didn't know how to deal with stress and I just took it and I just took it because I'm strong I can do this I got it It's all right And I ended up having that this is where where I decided to be a part of the American Heart Association And so I looked into it and there was no information for Latinos Nothing was in Spanish So I said hey I wanna be a part of this but I'm Latina and I wanna use whatever presence I have or whoever knows me for billboards and the business and what I do I wanna use that to tell people that there there is opportunity there is a chance there is hope there is education there is ways that you can save your life All right that is all the time we have for tonight Thank you for joining us here at the Lamina Mansion in Beverly Hills From the nightfall group We will see you next time Good night you guys No