



Virtual Fun Fitness with Dale Sidebottom Session Nine

Making fitness fun remotely
<https://fitnessgameszone.com/>

thevirtualpt



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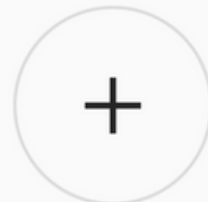
The Virtual PT
Fitness Trainer

- Online fun based bootcamps
 - Creator of www.fitnessgameszone.com
 - Part owner @fhlretreats
 - Energetic Radio Podcast... more
- fitnessgameszone.com
Melbourne, Melbourne, Victoria, Australia

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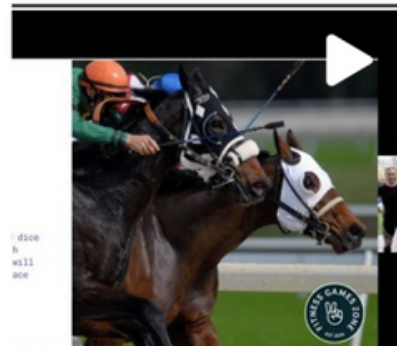
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Bali Retreat



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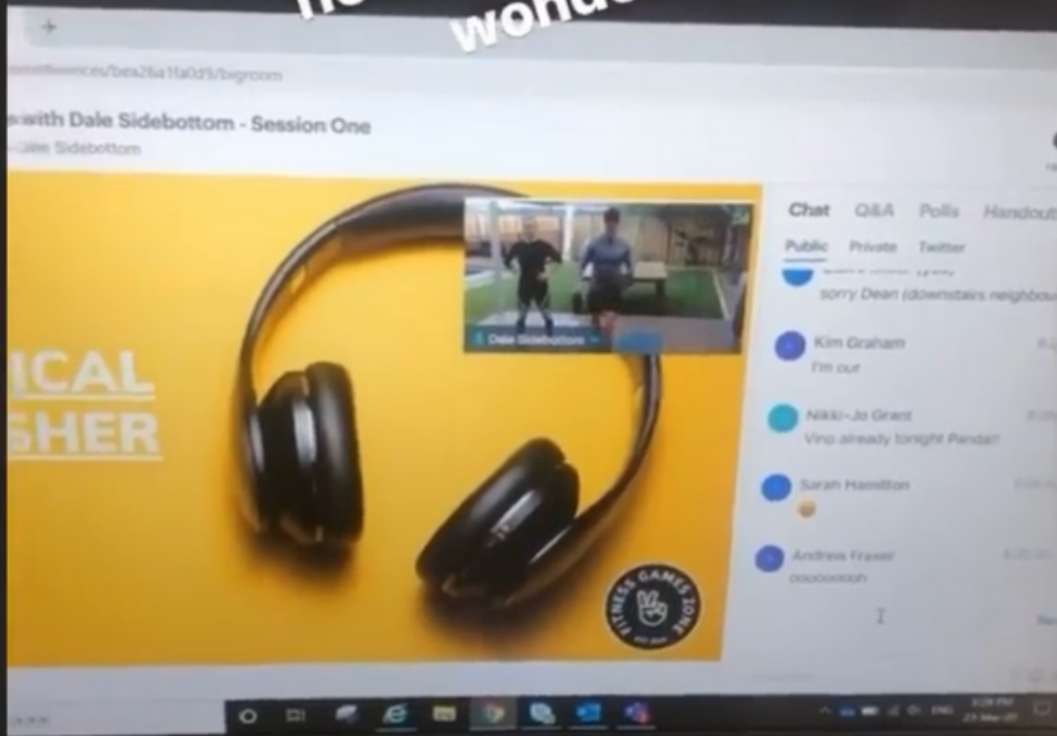


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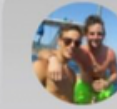


miller_the_chinch
Here we go!

@bottomsup.fitness
Soz Dean, trying to do
burpees on wooden
floorboards if you're
wondering



Your Story 10h



jwilko21

Bloody king
@dalesidebottom
@bottomsup.fitness,
awesome initiative
during a rough time
at the moment for all.
Get around it!



@bottomsup.fitness



Each session will focus on making fitness fun. If you have a deck of cards you will be able to use them today. No equipment or weights will be required.

Simply sign up and be ready to go live with Dale. You can also sign up and get access to the replay to complete in your own time. Each virtual fun fitness session will be made up of four parts.

A warm-up, two fun fitness games from <https://fitnessgameszone.com/> and a musical finisher.



**MUSICAL
WARM UP**

**ACDC
TNT**





CIRCUIT TIME

TEN MINUTES OF WORK
TEN EXERCISES
45/15 WORK TO REST



CIRCUIT TIME

- 1. LUNGES**
- 2. BEETLES**
- 3. SHOULDER TAPS**
- 4. SUMO SQUATS**
- 5. GLUTE BRIDGES**
- 6. PUSH UPS**
- 7. IN OUT SQUAT JUMPS**
- 8. LEG RAISES**
- 9. SQUAT THRUSTERS**
- 10. PLANK**

TEN MINUTES OF WORK
TEN EXERCISES
45/15 WORK TO REST







POKER 7 MINUTES

CREATE YOUR BEST HAND

EACH CARD IS 10 REPS

2. LUNGE JUMPS

3. SIT UPS

4. DONKEY KICKS

5. DIPS

6. KNEE TO STANDING

7. COMMANDOS

8. JUMP SQUATS

9. LEG RAISES

10. PUSH UPS

J. SHOULDER TAPS X2

Q. BEETLES X2

K. PLANK JACKS X2

A. DANCE FOR 10 SEC

PICK A PLAYER TO PLAY WITH



Poker Hand Rankings



1 Royal Flush



2 Straight Flush



3 Four Of A Kind



4 Full House



5 Flush



6 Straight



7 Three Of A Kind



8 Two Pair



9 One Pair



10 High Card



**30'S
FINISHER
3X4**



30 SECONDS - 10 REST

PLANK HIP DIPS

BEETLES OR FLUTERS

IN OUT SQUAT JUMPS





DAILY MISSION CARD



Playground Fun

Today, your mission is to visit a playground. What are the various activities you can do on the playground? How many ways can you move your body on the playground equipment?



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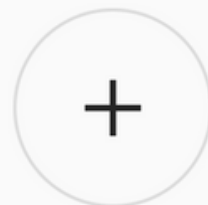
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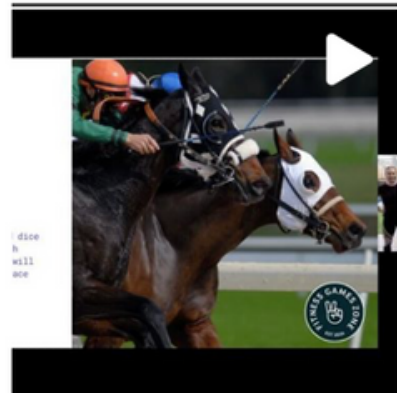
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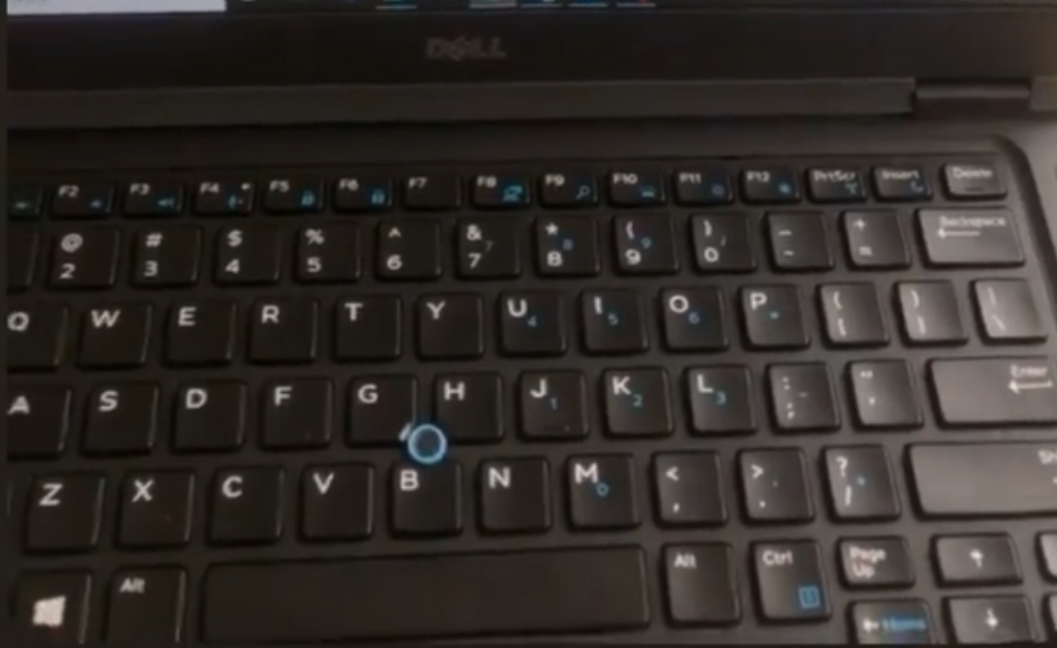
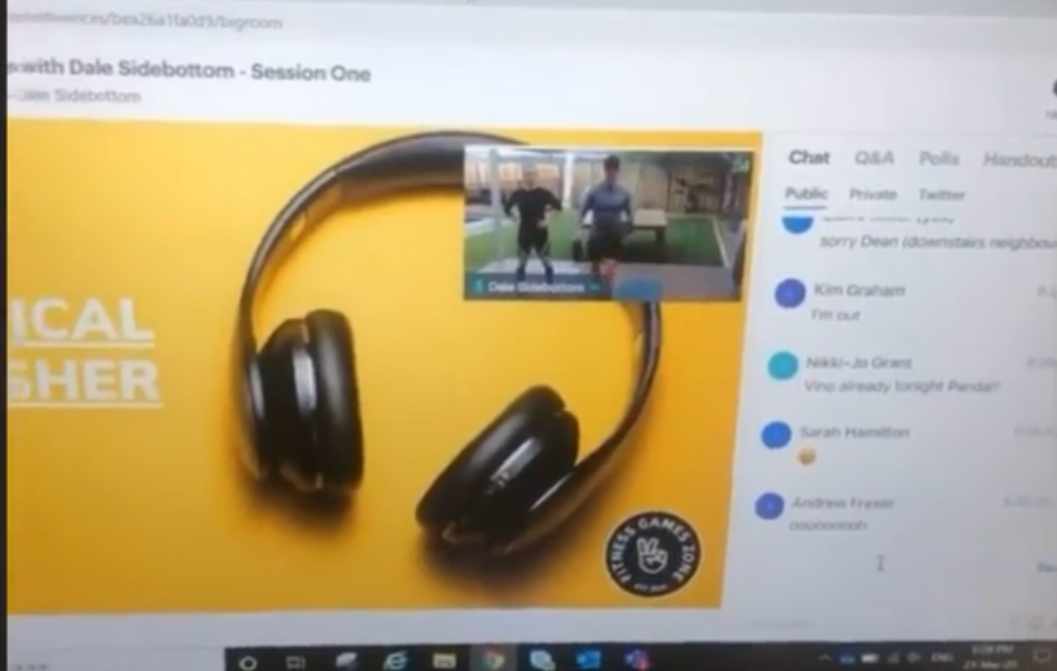
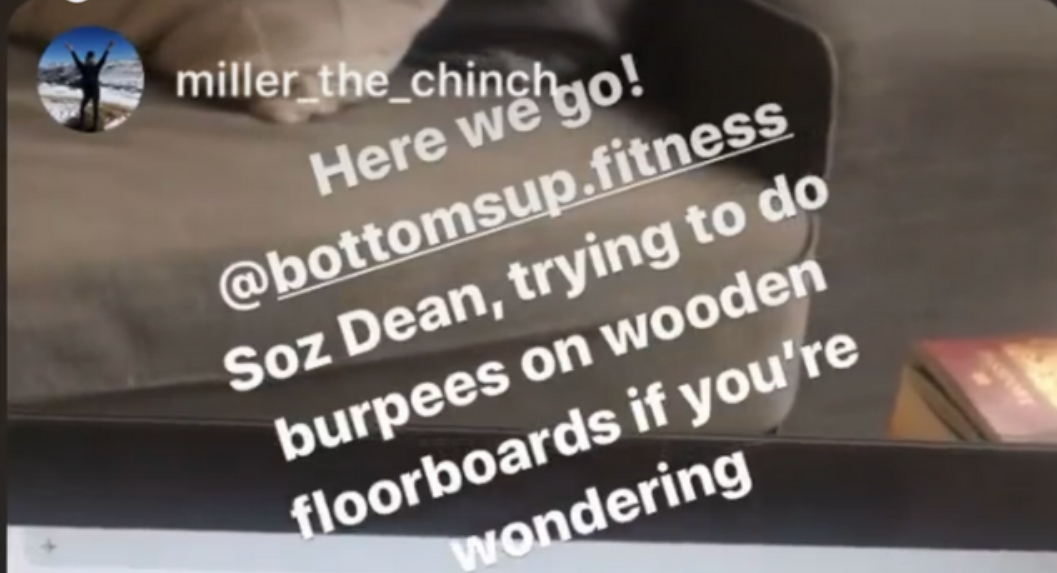
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<https://fitnessgameszone.com/>

Have exponentially more fun, while taking back your time...

Are you ready to bring back the joy of playing and being a kid again? Revolutionise the way you plan your sessions and turn fitness into fun (without spending hours behind your desk!)

[SIGN UP](#)

[PLAY VIDEO](#)



With fitness games zone, you can
MOTIVATE... INSPIRE... ENTERTAIN



DALE SIDEBOTTOM YOUTUBE



Dale Sidebottom

1.5K subscribers

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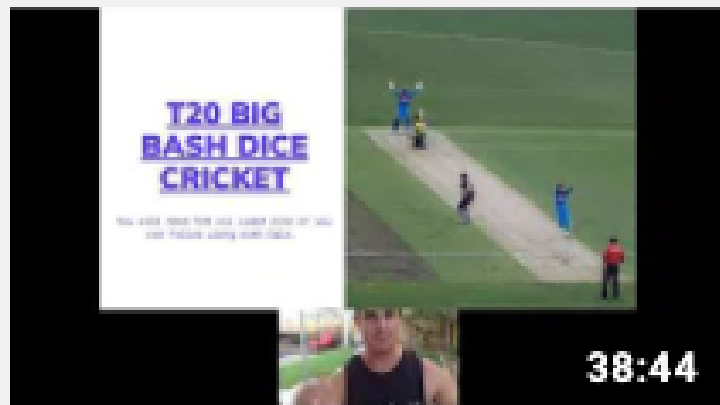
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38:44

Virtual Fun Fitness with Dale Sidebottom – Session Five

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37:01

Virtual Fun Fitness with Dale Sidebottom – Session Three

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39:35

Virtual Fun Fitness with Dale Sidebottom Session Two

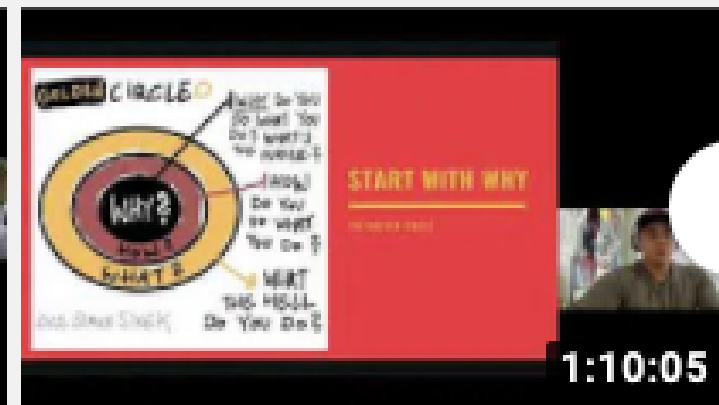
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Virtual Fun Fitness with Dale Sidebottom Session One

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1:10:05

Purposeful Planning in a Virtual World with Jace...

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