



ACDC

TNT

JUGAR | LIEF

ACDC - TNT

INSTRUCTIONS

This is another one of our excellent musical session starters or finishes. We love using vocal workouts to get participants moving and having fun at the same time. Click on the attached PDF for all the instructions and movements throughout the song.

Start the song

- A.** Everyone will love this musical workout, as the song is an Australian rock classic. It is so much fun.
- B.** Everyone starts the song standing and performing a squat every time they hear 'oi'.
- C.** After the start when the 'oi's' finish, everyone needs to go into a static plank hold.
- D.** Whenever you hear 'TNT' participants need to complete the burpee or squat thruster and then return to the plank position.

