

# ALICE IN WONDERLAND

## Adventure



JUGARILIFE

# ALICE IN WONDERLAND INSTRUCTIONS

Today you are going to be 'Alice in Wonderland' and experience her epic journey. Settle in, listen to our instructions and you will have the adventure of a lifetime. Any time the instructions are being read out you need to be in a static hold position as directed by your instructor!

"It is a lovely sunny afternoon and you are sitting on the river bank, reading a book with your sister, when suddenly see"

∞ A white rabbit hops by and you chase after it. Complete bunny hops to chase down the rabbit (20 second pause)

∞ This is crazy, the white rabbit is speaking "Oh dear, oh dear, I shall be late" as it checks its ticking clock. Complete clockwork plank X 3 rotations (20 second pause)

∞ The white rabbit ducks down a small rabbit hole and your curiosity gets the better of you. You go into the rabbit hole and slip down a huge tunnel into a room. There seems to be no way out of the little room except for a tiny rat hole in the corner of the room. There is a small container of liquid on the table that says "drink me". You are thirsty after the long fall so why not? All of a sudden you begin to shrink down, down, down, down. Squat down into a tiny ball to shrink like Alice (20 second pause)

∞ You go into the little garden and want something to else to eat to encourage more magic. Up on a mushroom is a caterpillar who explains as he crawls away that if you eat the mushroom you will change size. Complete caterpillar push ups (15 second pause)

∞ This is difficult getting back to the right size, so you keep eating the various sections of the mushroom in attempt to reach the right height. Complete squat jumps to grow to the right size (20 second pause)

∞ Finally at the right size, you come across a house with a doorman and push past him inside. There is a duchess inside cooking and a Cheshire cat grinning in the corner. Complete and hold a cat plank like the cheshire cat (20 second pause)

∞ The duchess is so so mean! She doesn't like your attitude; "off with her head she cries". Complete alternating lunges to duck under and avoid your head getting chopped off (20 second pause)

∞ You walk away and come across the mad hatters' tea party. It is time to pour the tea, hope you have good core strength so as not to spill a drop. Complete glute raises (20 second pause)

# ALICE IN WONDERLAND INSTRUCTIONS

- ∞ My goodness, after so many riddles and crazy stories the mad hatter is off. Complete mountain climbers to take off like the mad hatter (15 second pause)
  - ∞ After a period of more walking, you come to a rose garden and the queen's croquet game set-up. You are asked if you can play and of course you can! The croquet game kicks off. Complete donkey kicks to kick off the game (15 second pause)
  - ∞ It is a very curious game of croquet indeed. The balls are hedgehogs and the sticks are live flamingos! You select the most elegant flamingo as your choice of stick. Complete flamingo squats (20 second pause)
  - ∞ The queen is crazy, running around telling the executioner to behead everyone. She then asks you if you have seen the mock turtle. You are taken to the mythical gryphon who takes you to the mock turtle for some storytelling and singing. Complete alternating lunge jumps (20 second pause)
  - ∞ The mock turtle is still singing! The gryphon takes you back to where the king and queen of hearts are seated on the throne ready for a trial. Complete a squat hold to emulate the king and queen sitting on the throne (15 second pause)
  - ∞ The knave of hearts is in chains for stealing tarts. Who stole the queen's tarts? Complete burpees as punishment for thievery (20 second pause)
  - ∞ The mushroom you ate earlier must have worn off as you are starting to grow in larger in the courtroom. Complete max vertical jumps to grow like Alice (15 second pause)
  - ∞ Ridiculous notion after ridiculous notion is being put forth against the knave of hearts in this trial. "This is nonsense" you exclaim, "You are all nothing but a pack of cards"! At this point the whole pack of cards comes flying at you and you scream in fright, trying to beat them off you and..... you wake up on the riverbank where your sister is gently brushing leaves. What a curious dream you have just had and your sister is amazed by the adventure you have been on. Complete v-sits to get yourself up off the ground and head home for a cup of tea.....(20 second pause).
- What a crazy adventure, I bet you can't wait for your next afternoon siesta on the banks of the local river!