



PHARRELL  
WILLIAMS

*Happy*

JUGAR | LIFE

# PHARRELL WILLIAMS HAPPY

## INSTRUCTIONS

- A.** This is such a fun, upbeat song to use for a workout. It is also very simple to follow. For the first verse clients hold a static plank, then when the song says 'happy' everyone performs a squat thruster and back into the plank hold.
- B.** In the second verse, clients hold a static squat hold, when they hear the word 'happy' they perform a burpee and then back into the squat hold.
- C.** For the third verse clients go back to a static plank hold and perform a squat thruster when they hear 'happy'. This is a great song to use at the start or end of a session.