

TINA  
TURNER

*Nutbush City  
Limits*

the school of  
**PLAY**

# The Nutbush

## Instructions

### Objective:

To engage participants in a fun and energetic fitness workout based on the dance moves of the Nutbush, performed in a plank position to add a fitness challenge.

### Players:

Suitable for groups of any size.

### Materials:

No special materials are needed, just a space for each participant to perform the workout.

### Setup:

Participants should be familiar with the basic dance steps of the Nutbush, which can be learned from the attached video.

### Gameplay:

- Plank Position Movements: Participants start in a plank position and follow the rhythm of the Nutbush song with foot taps and movements.
- Adding Difficulty: To increase the challenge, participants can rotate 90 degrees at each pause in the song, maintaining the plank position.
- Group Coordination: The workout is synchronised to the song, creating a group exercise experience.

## **Winning the Game:**

The focus is on participation, fun, and maintaining the plank position rather than winning.

## **Variations for Different Settings:**

- **Fitness Edition:** Emphasise maintaining proper plank form and coordination with the music.
- **Children's Edition:** Simplify the movements and focus on having fun with the dance.
- **Team Building Edition:** Use the activity to build team coordination and morale.

## **Additional Notes:**

- The Nutbush fitness version is a creative way to combine a popular dance with a fitness challenge.
- It's an entertaining and engaging way to incorporate music and exercise in a group setting.
- This workout is excellent for creating laughter and fun while providing a physical challenge.