



TINA
TURNER

Nutbush City
Limits

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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.
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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.
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