

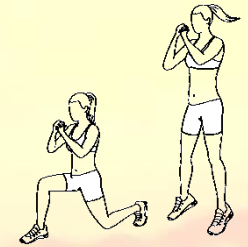


Disney's
**THE
LION KING**

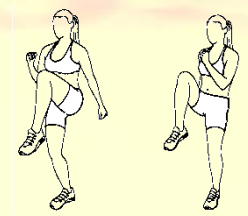
BUZZWORD EXERCISE

A characters says
“**KING**”

10
Lunges



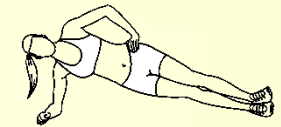
When a character sings a
“**SONG**”



High
knees

When you see **ZAZU**
on screen

Side
plank
hold



TIMONE & PUMBA
sing “The Lion Sleeps Tonight”



Arm
circles

A character says
“**HAKUNA
MATATA**”

10 Bicycle Crunches



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