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Introduction

After Successfully spreading Level 1 throughout India till 2024, Sanjeev decided to explore the biggest market, which is Kids, that's when Bungee Junior came to his mind and he started working on it and developed the required skill in 6 months. Bungee Junior was developed in Kolkata at Fit O Fab Gym & Soul by Anaishas in the month of May 2024.

The goal of the course is to provide participants with an adequate and comprehensive knowledge of the Bungee Junior discipline with particular attention towards children aged between 5 to 11 yrs. It will provide you with necessary skills to practice this discipline to the best of your ability and adopt the correct approach in child safety, body awareness and choreography skills.



Essentials & Assembling

In order to do BungeeFit™ workout all we need is a Harness, a Bungee rope, Carabineers, Daisy Chain & Swivel

Harness

Its very important to have a perfect harness which is comfortable and pain free as the bungee cord will be attached to it all through. Keeping this in mind we have made many changes to the harness since we started. With all experiments and checking all parameters we finally have come out with a harness that's safe, well tested, comfortable & pain free. The harness has to be worn on the pelvic bone and we need to make sure it's tight on the waistline & legs. The hook at the back where the bungee will be plugged in, has to be in the centre.



Bungee Cord

The main essential requirement for the bungee workout is the Bungee Cord. It's the cord which has to be perfect to get that bounce and elasticity to perform all variations. If the cord is too hard or too light we wouldn't be able to perform the required task perfectly.

Again after number of researches and practice, bungee cords have also gone through many fold changes to get to the right cord for this activity. The size of the rope & the quality will define how many ropes are needed for a person keeping in mind his weight. The ropes are made of groups of elastics which makes bounce very easy and makes it impact free.

Each cord can handle anything around 12 kgs of weight. Cords used in the video are as follows

Kid 1 weight 34.2 kgs 3 cords, Kid 2 weight 19.6 kgs 2 cords, Kid 3 weight 26.1 kgs 2 cords & Kid 4 weight 37.2 kgs 3 cords. 40 kgs I would go with 4 cords.

Assembling

In order to assemble the cord to get the best result we need to make sure that the ceiling height is at least 9ft. The minimum distance from each other in the side line and from the walls and mirrors – 6 feet and one kid after the other is 5 feet. We start with mounting a U hook to the ceiling with help of ankle fasteners or have iron rods. Then we create a loop with the Daisy Chain and as per height of the kid we set the small carabineer at the appropriate level. The swivel goes in next. The Swivel in turn is attached to another Carabineer which is attached to the bungee cord. The other end of the bungee cord will have another Carabineer which will get hooked on to the Harness.

Make sure that the golden carabineer is at the chest level when the kid is standing on the ground.

The appropriate length of the bungee rope can be measured when a kid lies down on plank under the hook with their hands and legs in air and is way above the ground approx. 1.5 ft.

Class Structure

The Goal of the course is to provide participants with an adequate and comprehensive knowledge of the Bungee discipline with particular attention towards children and teenagers. Each class will provide you with necessary skills to



practice this discipline to the best of your ability and adopt the correct approach in child safety, body awareness and choreography skills. **Be patient with the kids and for that you need to become a kid too and act like one.** Understand the kids Psychology and their fitness level to design your class.

A Bungeefit class is a lively class with music. Initially kids will find it difficult but as they progress, they will find it interesting and will be able to move freely. It takes anything between 4 to 5 classes to get adjusted to the harness and the steps.

We start class by hooking them on to the Bungee and starting with warmup & stretches where we take the heart rate up. After which we go with the variations & steps for which we can use the Tabatha format of training. This form helps in mastering each variation. We decide on 3 to 4 variations and then convert it into a sequence and repeat sequence 3 or 4 or 5 times. We End the class with a cool down & help them to relax their muscles.

Warm up (15 min)

Whole body- training warm up

The given exercises are indicative and are only a warm-up proposal, which can be replaced by a general whole body training warm-up, preparing for engaging a whole-body training (containing both cardio and strengthening elements as well as stretching). Warmup can be anything which can help loosen up all muscles & can increase the heart rate up making the body ready for variation.

We divide the warmup into 2 parts

Firstly we start with the ground warmup and make it fun and engaging. As per video, we start with Kangaroo Jumps, Jumping Jack, High knee run, Wheel Barrow, Ringa Ringa Squat, Bending Forward, Spider Crawl or Crocodile walk, Duck Walk & Ape Walk. You can do all or you can choose any 2 or 3 and do multiple sets.

Next we hook them on to the bungee. The first series of Exercises should be easy and help kids to learn how to use bungee and allow them to become familiar with its influence on our movements & tension. With this they will slowly start getting use to the harness too. So once you plug them in leave them free for 2 to 3 mins to explore and do what they like.

Warmup on Bungee as per video- Hold hands and walk side to side, form a train n run front and back, Bungee run front and back, Jumping jack & Elliptical run at number 2 position from the rope (Home 1 2), staying at number 2 at full stretch do side run around all starting together so that they go in Sync, Knee tuck Jump, kick back, place cone at the home position and ask kids to run around the cone, next is swing around the cone by holding the rope outside in as shown in the video, jump jump clap in pairs, Ninja kicks at home position, Leg in front side and back repeat it with left leg too & lastly just let them free to do what they like. All these workouts will help them to familiarize with the bungee and make workout fun and easy.



Steps & Variations

Bungee squat



We stand centrally under the hook called the home position, set our legs slightly apart wider than the width of the hips. Start to do squats, trying to lower the hips as low as possible. Do atleast 10 squatts.

We take a small step forward position 1 and keeping the same rules. We make another step forward position 2 & do the same thing keeping the balance and maintaining the posture as the bungee will pull us back. Now try to do 2 squats continuously at each position home 1 2 1 home, repeat it with single squat. Once the kids get used to this we teach them how to fly from the 2nd position. We stay in this place on a slightly stretched bungee that's position 2 and this time adding jump up as high as possible. While jumping we straighten the legs and hands, directing them to the floor to jump as high as forward moment of falling, we bend

our knees. We come back under the hook. We make two small jumps & at the Second one we jump as high as possible with straight hands up and legs to the side (STAR). Once they get used to this, start with variations like superman, Knee touch, toe touch, split, Spiderman etc.



Next is the Bungee Burpee. Hands and legs move at the same time. Hands have to fall at the position where the legs were. When in plank position you should be right below the bungee. Next is the dive. From squat Position under the hook we jump forward and touch the ground with our hands keeping legs up like a dive. Next is the Partner clap. Pair up the kids and on count of 3 they have to turn and clap hands. Alternate with other kids as partners. Next is Handstand from squat position. Just jump and get into handstand position.



Spider Kid run



We start below the rope and carefully put our hands on the ground and get into plank position. We then crawl forward with our hands & legs. Spiderkid run consists in moving forward on the ground bending our knees. We try to move forward until the maximum bungee tension is achieved. From there we slide back and restart all the time controlling the direction of the hands movement. You can ask the kids to collect cones or balls.

Pushups

Bungee Pump- Bungee pumps is to pull hips down. Standing below the rope we slowly go down and touch our hands on the ground and push our legs back till we are parallel to the ground. We put our hands on the ground at chest level & pump while being in plank position and pushing our hips down using the tension of the bungee. We engage abdominal muscles while doing this. In the second series of pushups, after a basic one, we go down the same way as pump and push & throw our hands on the sides Keeping our feet on the ground all the time. We repeat this & this time add our legs too, so both hands & legs are up in the air like a starfish. Many hand variations can be added to this like hands in front, superman, 1 hand & leg, arch, plank jack, clap in front, knee touch, pushup to lunge, finger pushup, single hand pushup, Superman, Spiderman, etc.



We can do a combo of all and form a sequence like pushup 1 leg up, pushup 1 leg in & pushup 1 leg circle. Many such combinations are possible.

Plank

Bungee plank- Being under the hook we simply push our body Parallel to the ground and push back and sit.

Flying Plank- At home position we just throw ourselves forward as normal plank but this time as we are about to touch the ground we kick our legs and touch the ground and come back and sit.

Bungee Run

This is the most fun part of the Bungee workout. We go to the starting position being little behind the hook stretched with straight left leg and bent the right one. From here we run forward with right and then left & stop and come back left and right back to the start position. Each time we try to run further and stretch bungee rope to the maximum. We do the same with left leg bend.

Bungee Fly

Once you are well versed with the run we move on to the fly. In the sequence of jumps and fly's, the most important thing is that the we strongly push the hips forward, core tight, buttocks clenched & the shoulders directed gentle to the front.

We do the run twice and get the momentum and on the third run we jump on our left foot. It is important that we fall on the same leg from which we bounce. And return to the start position. Once we are well versed with this then we can change our landing leg.

Many hand and leg variations can be added to make it more fun like superman, star, Spider man, Knee touch, Toe touch, bending 1 knee, side kick, both legs up. etc. While in air your body should be around an angle of 70 degrees.





Dive

From being below the hook we dive as far as possible by raising both legs up in the air at a 70 degree angle. Its like a nose dive touching our hands to the ground and pushing back to the start position. Leg variations like 1 leg dive, bent leg dive, etc can be added.

Games Props & Partner Workouts

Collect The Cone- Just keep the cones or balls in the middle and on count of 3 they need to collect as many cones as possible and keep it on the other side.

Catch the Ball- You can use a swiss ball or a soft ball or a football. Pair up and one kid can throw the ball and the other kid can catch it. You too can throw the ball random while all keep jumping.

Pass the ball- Roll out 2 or 3 balls in class. On count of 3 each one has to jump in squat to the other partner and pass the ball not throw it.

Basket the ball- Just get a basket or anything in which you can collect the balls and keep going around the class. Ask someone to throw the balls in class and the kids can just collect it and try to basket the balls.

Fun Roll and swing around. Kids can randomly swing around the class on bungee.

Partner leg Pull- One partner can hold the legs of the other partner and pull. You too can do it as shown in the video.

Partner leg kick- One partner holds the right leg of the other partner. From here the kid kicks the left leg to their right holding the rope above their head for a complete 360 degree turn.



Partner Pull

Both partners hold each other's hands. From here one partner runs in the front where as the other runs back. Partner running back has to pull the other partner towards him till the other partner is in air. Then the other partner does the same thing.

Skydive

Again another fun part of the class, specially when you have atleast 5 to 6 people. All people hold hands tight and form a circle. From here all have to go down at the same time till each one is in air and enjoy a skydive feel.

All above moves should be clubbed into small sequences and should be repeated to make the class more fun and dynamic. When people do the same stuff again and again they will start getting used to the bungee rope and will enjoy the class more and in turn will work out more.

Acrobatics and Front Hook

Kids harness has extra loop on each side for back flip and front summersault. Check video and try it. Soon adult harness will have that too.

Also try to plug bungee in the front by wearing the harness the other way. Again check video.

Cool down

Cool down can be done attached to the Bungee or unfastened. This is just to make sure before people leave the class they have relaxed all their muscle groups. Again the cool down given below is indicative and can be replaced and added with anything that can help relax.

Finally, hug yourself for an amazing BUNGEEFIT™ Workout.