

## English translation Medelgympa

I hope the headphones fit you ok!

This is no ordinary sit-down show, instead, you are invited to join me, welcome! Keep calm and hold onto your hat, it's going to be great and I will either tell or show you absolutely everything you need to know as we go along!

The show's menu looks like this:

Main course: Gympa - a kind of Swedish aerobics

Dessert: A part where you listen whilst sitting or lying down

Sorbet: Cool down

A late night sandwich: Relaxation

We invite you to make up variations of the steps and exercises so that you feel good, as well as to take breaks! Everything is voluntary and the way it feels always comes above perfection: if you want to - try thinking that your secret agenda is to make the movement interesting or fun for yourself. It can be hard to feel that way when you work-out - but really it's just like the forest: variety is what keeps it from dying out. Or something like that.

(inhale) Juup! So that's it!

Okay, get ready. Because here I come!

*Exercise part done live is not translated 01.40-20.50*

IMAGINE THAT YOU ARE A BACKING DANCER ON THE EUROVISION SONG CONTEST. THE SONG HAS JUST FINISHED AND YOU ARE WAITING IN YOUR FINAL POSE FOR THE BLACKOUT!

Close your eyes for a moment and pay attention to how your body feels. How does the air feel against your skin and how do you feel inside your body? Observe all this but stay in your pose, fight against any burn you might be feeling in your arms!

Close your eyes and open your face and arms towards the sky like a flower stretching towards the sun. Now imagine that the sky opens and down falls a heavy rain, so heavy that it's almost hail! It rains down on you, nearly pushing you down towards the ground. Until in slow motion - as slowly as you can - you give in to the pull of gravity.

Indulge in the sensation of letting the rain and gravity show you the way to the floor, the ground, the earth that is always there to catch you, that bears your weight and offers you a surface to rest on.

Follow this sensation as far as you want to, until you find a comfortable position that you can stay in for a while: perhaps on your back or your stomach, on your buttocks, kneeling or sitting on a chair. LET WHAT HAS JUST HAPPENED SINK IN while you allow yourself to give in, let go and observe how the earth carries your weight . Stay here and just listen for a moment.

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Now we'll just test out a few different gym-feelings in a gympa conversation. Repeat after me this time. Just say it out loud and see how it feels.

Okay, repeat after me: I hate gympa!

Now say: What did you say?

I hate gympa!

So why did you come here then?

Mind your own business!

But I love gympa

What?

I don't feel seen (wailing)

Does everything have to be so hard? (frustrated)

We hear you!

Anyway, the dream would be to work-out to a live mambo band

Now you can stop copying me. Wow! Great job! Lie or sit down for a little while.

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You can close your eyes if you want.

Your body is enormous, massive, powerful and tough. Move as if your body has the same consistency and texture as the sound.

Become one with the sound, as you slowly come up to standing.

Once you are up, keep moving with the same texture as the sound and grow up towards the sky as if your arms were branches. Fold your woody arms in and out.

If you have your eyes closed, open them. Now we will begin to move slowly in a large circle, everyone together.

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Let go of your tree-like texture and woody ways and just walk normally - welcome to the cool-down.

Sometimes, maybe, you take a little skip with each step. Skip-we-go.

Skip-we-go.

Maybe draw a soft circle with one arm.... and then the other arm. ...

Are there any other movements that would feel good to do right now?

Now, we will skip a little like this!

Skippy-skip walk, walk, skippy-skip. Skippy-skip walk, walk, skippy-skip. Skippy-skip walk, walk, skippy-skip. Skippy-skip walk, walk, skippy-skip. Skippy-skip walk, walk, skippy-skip. Skippy-skip walk, walk, skippy-skip.

And then you can add the arm circle to the skip.

Skip with the arm, 3, 4, skip with the arm, 3, 4

Skip with the arm, 3, 4, skip with the arm, 3, 4

And then just walk normally to the beat of the music. Pick up a basket of flowers in your arms. And lift the petals up through the middle and scatter them out to the side, lift the petals up in the air and scatter to the other side. And up and out, the other side, up and out, continue. Soft movements. Up and out and up and out.

Put the basket away. Now we can move forward with the help of a step- touch, you know - step together, step together. Add a clap, if you want!

Let's stay in a circle but carry on with the step-touch on the spot. Turn your nose towards the middle of the circle.

Now we drop the clap, but the step-touch keeps going. Look at the others in the circle, use the steps to take them in.

Move into the circle with your step-touch.

High-five as many people as you can.

Move back out to the big circle.

Two high-fives, with the people standing next to you.

Now we will sweep our arms from side to side. Keep the step-touch going. And the arms making soft, swooshing movements.

Continue this step to leave the circle, swooshing yourself away to a new place in the room. Come to a stop with your feet standing wide apart.

Stretch out your sides with some slow motion, diagonal apple picking... and the same to the other side.

Take a deep lunge forward with one foot, and stretch out your hip-flexor. Perhaps you will feel a little calf-stretch too while we're here. And back, and the other leg... Step your feet back together again.

Oooh let's do that one more time - what an incredible movement!

Feel the stretch. And back, and the other leg...

Now I'm going to ask you all to stand in one long row, all facing the same direction - the guide will show you where to stand.

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Okay, now then, thank your gympa companions with three strong heys (hejs). Are you ready? (Ååå) aaaaand- "Hey(j) hey(j) hey(j)!"

Look straight ahead: New scene.

Now we will soon, all together, begin to walk veeeeerrrrryyyy slowly towards the row of mats. Make sure that the entire line moves at the same slow pace. Lift one of your feet... Carefully place your foot on the ground in front of you.  
Shift your weight over to that foot ...  
Keep looking straight ahead.  
Lift the other foot...  
And check that we are all still together.

Move your foot forward ...  
Place it down...  
Shift the weight...  
And keep going like that...

...

Once we have reached the mats, stop right in front of them.

....

Bend your knees slowly.  
Slowly tilt your upper body forward.  
If it is possible and comfortable for you to do so, use your hands to slowly lower your knees down to the mat. Otherwise, you can remain standing.

Whether you are standing or kneeling, slowly bring your upper body upright. Raise your hands up, and unfurl them towards the sky.

Clench your fists.

Look up.

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