

WEBVTT

00:00:02.002 --> 00:00:06.465 line:-1 position:50%  
♪ "Become A Mountain"  
by Dan Deacon ♪

00:00:06.465 --> 00:00:08.425 line:-1 position:50%  
Welcome to the club.

00:00:08.425 --> 00:00:10.802 line:-1 position:50%  
- What's going on and welcome  
to your 10-minute HIIT --

00:00:10.802 --> 00:00:12.012 line:-1 position:50%  
- Hours of operation?

00:00:12.012 --> 00:00:13.555 line:-1 position:50%  
- Let's go ahead.  
Get your arms up --

00:00:13.555 --> 00:00:14.973 line:-1 position:50%  
- All day.  
- Exhale, push up.

00:00:14.973 --> 00:00:15.682 line:-1 position:50%  
- All night.

00:00:15.682 --> 00:00:16.725 line:-1 position:50%  
[EXHALES SHARPLY]  
- Can't sleep.

00:00:16.725 --> 00:00:18.185 line:-1 position:50%  
- Whenever you need  
to feel good.

00:00:18.185 --> 00:00:19.686 line:-1 position:50%  
[HEAVY BREATHING]  
- Punch, punch, punch, yeah!

00:00:19.686 --> 00:00:20.729 line:-1 position:50%  
- Punch, punch, punch.

00:00:20.729 --> 00:00:22.189 line:-1 position:50%  
- The club has no dress code.

00:00:22.189 --> 00:00:24.149 line:-1 position:50%  
- You got this!  
- No rules of decorum.

00:00:24.149 --> 00:00:25.609 line:-1 position:50%

[DOG BARKS]

Pets are allowed.

00:00:25.609 --> 00:00:27.402 line:-1 position:50%  
- Now we're squat-jumping  
up a storm! Come on!

00:00:27.402 --> 00:00:29.696 line:-1 position:50%  
- Making space.

00:00:29.696 --> 00:00:34.284 line:-1 position:50%  
- We have yoga, Pilates,  
HIIT, dance.

00:00:34.284 --> 00:00:37.287 line:-1 position:50%  
- Breathe naturally.  
- Meditation.

00:00:37.287 --> 00:00:39.206 line:-1 position:50%  
- Ah! Cold, cold, cold.

00:00:39.206 --> 00:00:41.583 line:-1 position:50%  
- The locker rooms are unisex.

00:00:41.583 --> 00:00:43.919 line:-1 position:50%  
The club has trainers.  
Kim.

00:00:43.919 --> 00:00:45.504 line:-1 position:50%  
- Kim here in  
the Fitness+ studio!

00:00:45.504 --> 00:00:46.755 line:-1 position:50%  
- Amir.  
- Your last one!

00:00:46.755 --> 00:00:49.091 line:-1 position:50%  
- Jonelle, Josh,  
Betina, Jamie-Ray.

00:00:49.091 --> 00:00:51.134 line:-1 position:50%  
- Yes, Jamie-Ray!  
- Dolly.

00:00:51.134 --> 00:00:53.220 line:-1 position:50%  
- Hopefully with us  
walking together,

00:00:53.220 --> 00:00:54.888 line:-1 position:50%  
we'll feel a little

more freedom.

00:00:54.888 --> 00:00:56.932 line:-1 position:50%  
- You don't have to show  
your card at the door.

00:00:56.932 --> 00:00:58.600 line:-1 position:50%  
There is no door to the club.

00:00:58.600 --> 00:00:59.977 line:-1 position:50%  
There is no ceiling.

00:00:59.977 --> 00:01:02.729 line:-1 position:50%  
There are walls --  
- Three more to go!

00:01:02.729 --> 00:01:04.773 line:-1 position:50%  
- But we can  
break through those.

00:01:04.773 --> 00:01:09.403 line:-1 position:50%  
- Go faster, go deeper,  
go higher, this is it. Woo!

00:01:09.403 --> 00:01:10.487 line:-1 position:50%  
- We have music.

00:01:10.487 --> 00:01:15.826 line:-1 position:50%  
Drake, Dua Lipa, Nicki, Billie,  
Keith Urban, Bad Bunny.

00:01:15.826 --> 00:01:19.037 line:-1 position:50%  
- Front, back, quick,  
quick, slow! Slow!

00:01:19.037 --> 00:01:21.581 line:-1 position:50%  
Right leg goes up!  
- Whatever moves you.

00:01:21.581 --> 00:01:22.582 line:-1 position:50%  
And you.

00:01:22.582 --> 00:01:24.251 line:-1 position:50%  
And them.

00:01:24.251 --> 00:01:26.086 line:-1 position:50%  
The club is the largest club  
in the world

00:01:26.086 --> 00:01:27.921 line:-1 position:50%

because the club is the world.

00:01:27.921 --> 00:01:29.548 line:-1 position:50%  
- Come on, faster.

00:01:29.548 --> 00:01:31.341 line:-1 position:50%  
- Keep up, sis!  
We got this!

00:01:31.341 --> 00:01:33.093 line:-1 position:50%  
- And if you have  
10 minutes --

00:01:33.093 --> 00:01:34.594 line:-1 position:50%  
- Come on, come on.

00:01:34.594 --> 00:01:36.513 line:-1 position:50%  
- 20 --  
- Pull one!

00:01:36.513 --> 00:01:38.932 line:-1 position:50%  
- 30 --  
- Yes!

00:01:38.932 --> 00:01:42.936 line:-1 position:50%  
- And if you're wearing  
one of these, let's go.

00:01:42.936 --> 00:01:45.772 line:-1 position:50%  
- Thank you. Stay active.  
Close your rings.

00:01:45.772 --> 00:01:47.482 line:0 position:50%  
See you next time.