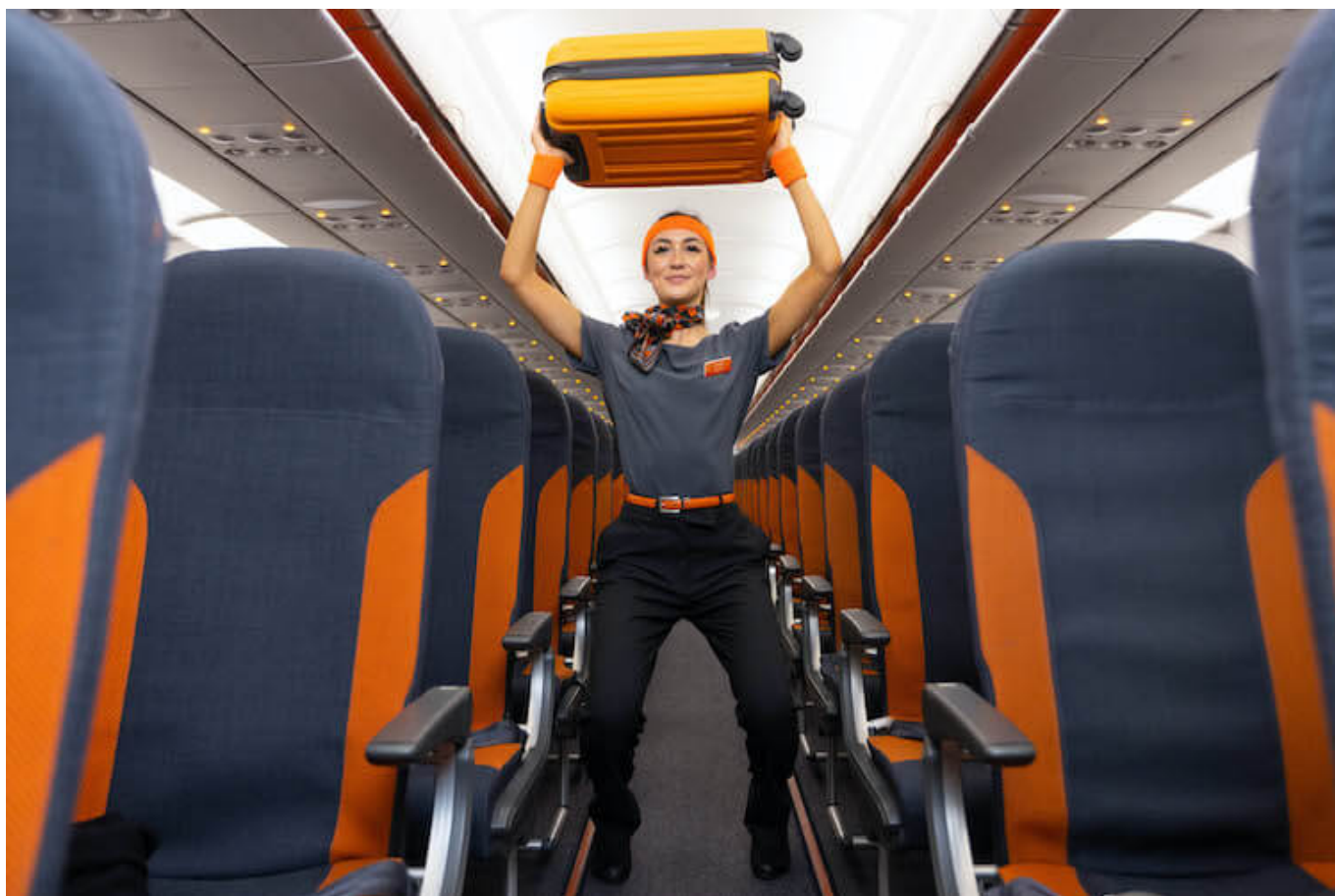


easyJet offers exercise inspiration with online fitness classes



"Suitcase Squats" is just one of the routines available on easyJet's new free online Travel Bag Body Blast exercise class

[easyJet](#) has created a series of free online flying-inspired exercise classes to help people meet their fitness resolutions.

The exercise course was devised by cabin crew in consultation with professional Personal Trainer Aimee Corry and is based on the daily routine of the cabin crew.

The classes, titled "Travel Bag Body Blast", see gym equipment and weights swapped for cabin bag hand luggage.

The flying-themed exercises include "Landing Lunges", "Cloud Climbers", "The Pilot's Press", "Suitcase Squats" and "38,000 feet". Each exercise in the routine is to be performed for 40 seconds with a 20-second rest, before moving on to the next one. Once a full circuit is complete, take 30-60 seconds rest before repeating. Performing three-four rounds of this circuit can burn up to 100 calories.

Georgia Phelan, cabin crew member with easyJet, said in a January 5 press release, "Being cabin crew and looking after our customers while flying all over Europe is a fast-paced, dynamic job and so we all really enjoyed bringing that energy to these creative get-fit routines to help make getting active easy and enjoyable, all from your own home."

In the same release, Michael Brown Director of Cabin Services at easyJet, added, "In the New Year when people are making resolutions for the year and planning their holidays to look forward to, we wanted to bring a bit of enjoyment to homes up and down the country with our easy and creative work-outs, fronted by our very own fantastic crew and inspired by their daily routine, to help the nation get 'flying fit' - and have fun while they do."

The "Travel Bag Body Blast" workout from easyJet is available for free on YouTube <https://youtu.be/Wrn2lx7xplQ>.