

FEATURE - Morgenturnen mal ganz anderst



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Caption

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Olympic medal winning gymnast Louis Smith performs a unique morning routine to mark his appointment as a Kellogg?s Team GB ambassador and to launch the #GreatStarts competition ahead of the Olympic Games in Rio 2016. The public are being encouraged to share how they start the day right by using the #GreatStarts hashtag on social media, which will enter them into an exclusive competition to win a pair of tickets to see Team GB at the Olympic Games. Louis Smith does impressive moves during his morning routine, Britain - May 2016  
FULL COPY: <http://www.rexfeatures.com/nanolink/sd1v>

With the Olympic Games mere months away, Louis Smith has given an insight how he gets his day off to a great start, with a remarkable morning routine that includes somersaults, pommel horse practice and the splits!

The new video released shows how the London 2012 silver medalist starts his day by climbing out of bed and walking down the stairs on his hands. Somersaults onto the sofa, pommel horse practice and press ups on the counter also form part of Louis? unique wake-up performance. In a way that only an Olympic gymnast could, Louis tumbles through the kitchen effortlessly to flick the kettle on with his big toe, and finishes off his incredible morning routine sat in splits, with a hearty bowl of Corn Flakes.

WATCH VIDEO: <https://vimeo.com/166934297/c13d75fe8f>

OR <https://youtu.be/AReFbQBcPkA>

(FOTO:DUKAS/REX)

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Original references

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