

**RUN ON THE SPOT FOR 15
SECONDS**

OR

**WALK THE LENGTH OF THE
AREA AND BACK**



**SPEED SKIP FOR 20
SECONDS WITHOUT THE
ROPE**

OR

**SQUATS 10X - SLOW AND
CONTROLLED**



**STORK STANCE FOR 20
SECONDS**

OR

HOP ON EACH FOOT 10X



**ALTERNATE KNEE LIFTS
20X**

OR

CHICKEN JACKS 15X



**PERFORM 10
JUMPING JACKS**

OR

**HAMSTRING CURLS
8X EACH LEG**



**HOLD THE PLANK POSE FOR
20 SECS.**

OR

**10 PUSH-UPS REGULAR OR
MODIFIED**



**ARM CIRCLES FORWARD &
BACKWARD 10X EACH
DIRECTION**

OR

**ARM CIRCLES WHILE
JOGGING ON THE SPOT
5X EACH DIRECTION**



**SPLIT LEG SQUATS
10X**

OR

**ZIG ZAG JUMPS FROM
SIDE TO SIDE
10X**



**WALK ONE LAP OF THE
AREA**

OR

**JOG ONE LAP OF THE
AREA**



**TELL 2 PEOPLE THEY ARE
DOING A GREAT
JOB!**

OR

**YELL, "I LOVE BEING
FIT" 3X**



**TAKE A WATER
BREAK...QUICKLY**

OR

**STRETCH IT OUT - TAKE
YOUR BODY THROUGH
STRETCHES OF YOUR
CHOICE FOR 1 MIN.**



V-SIT FOR 20 SECONDS

OR

**PERFORM 10 CURL-
UPS**



**MOUNTAIN CLIMBERS
10X**

OR

**LUNGE 10X ON EACH LEG
ON THE SPOT**



**INTENSE MARCH ON SPOT
- DOUBLE TIME 20X**

OR

**HOP ON BOTH FEET THE
WIDTH OF THE AREA**



**DO THE "TWIST" FOR 20
SECONDS**

OR

**GRAPEVINE STEP TO A
COUNT OF 16**



