



### RELAX > FOCUS > BREATHE

- ❖ CLOSE YOUR EYES
- ❖ CLEAR YOUR MIND
- ❖ BREATHE DEEP
- ✓ NOSE IN > MOUTH OUT



### THE ANSWER IS ?

- YES – HEAD UP AND DOWN
- NO – HEAD SIDE TO SIDE
- ? SHOULDER SHRUG / HEAD ROLL



### RISE – SHINE – UP AND AT 'EM

- ❖ SUN SALUTATION
- ❖ CAT AND COW STRETCH
- ❖ LEAN LEFT > RIGHT ARM UP
- ❖ LEAN RIGHT LEFT ARM UP
- ❖ TWIST AND SHOUT
- ❖ FORWARD FOLD



### GO FOR A SWIM

- ❖ CRAWL
- ❖ BREAST STROKE
- ❖ BACK STROKE
- ❖ DOGGIE PADDLE
- ❖ WITH or WITHOUT LEG KICKS



### FLY LIKE A BIRD

- ❖ SPREAD YOUR WINGS
- ✓ PALMS UP & DOWN
- ❖ FLAP YOUR WINGS
- ❖ HUMMINGBIRD & WINDMILL



### BOXING

- RIGHT JAB - LEFT JAB
- RIGHT CROSS – LEFT CROSS
- UPPER CUT
- SPEED BAG FIST ROLL



### WEIGHT LIFTER

WITH OR WITHOUT WEIGHTS OR RUBBER BAND.

- RIGHT LIFT – LEFT LIFT
- FRONT ARM CURL
- BACK ARM CURL
- SIDE ARM CURL
- FORWARD FOLD



### HELPING HANDS

- ❖ SQUEEZE A LEMON
- ❖ PLAY THE PIANO - *RAGTIME TEMPO*
- ❖ WAVE HELLO & GOOD BYE
- ❖ THE QUEEN'S WAVE
- ❖ CLASP HANDS TOGETHER AND
  - WIGGLE WAGGLE
  - STEERING WHEEL



### CORE STRENGTHENING

- ❖ MAKE ELEPHANT EARS
  - ✓ BOTH HANDS BEHIND HEAD
  - ✓ FLAP YOUR EARS 5 X & HOLD
  - ✓ EARS RIGHT – EARS LEFT
  - ✓ SIT UPS &/OR CRUNCHES
- ❖ RIGHT EAR TO LEFT KNEE
- ❖ LEFT EAR TO RIGHT KNEE



### GREAT LEGS

- ❖ MARCH – LEFT > RIGHT X 10
- ❖ LIFT A LEG – EXTEND – POINT TOE
- ❖ LIFT BOTH LEGS THEN >>>>
  - ✓ SCISSORS OVER & UNDER
  - ✓ CROSS ANKLE OVER KNEE &
  - ✓ LEFT OVER RIGHT & REVERSE



### STAND AND DELIVER

- ❖ SIT TO STAND > STAND TO SIT X 4
- ❖ BACK BEND with HANDS ON BUTT
- ❖ CHAIR POSE > ARMS EXTENDED
- ❖ CROSS HANDS OVER CHEST
  - ✓ RIGHT & LEFT > TURN & BURN
- ❖ CACTUS POSE > ALTERNATE LEGS
- ❖ KNEE BEND TO UP ON YOUR TOES
- ❖ HANDS BACK OF > CHAIR STEP BACK
  - ✓ DOWNWARD DOG
  - ✓ PUSH UP
- ❖ TREE POSE
- ❖ THIS IS A HOLD UP - HANDS UP !
  - ✓ BALANCE ON ALTERNAT LEGS
- ❖ ROCKETTES KICK > POINT TOE >
- ❖ DO THE HOKEY POKEY
- ❖ WARRIOR 1 – 2 – 3

