



DIRECTIONS:

PERFORM EACH EXERCISE FOR 30 SECONDS.

YOU WILL THEN HAVE 10 SECONDS TO REST.

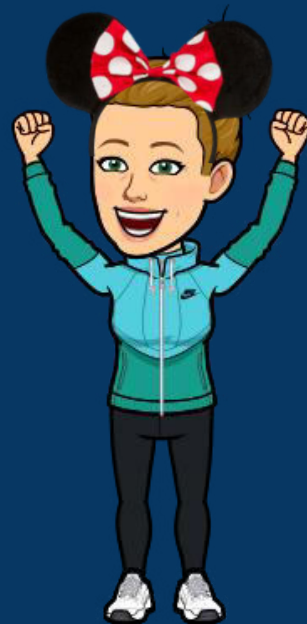
HAVE FUN!





Sitting Workout

or



Standing Workout

LET'S GO!



TIME TO WARM-UP!





Bottom Kickers

4

Arm Circles

ARMS SIDE TO SIDE

60



SEATED



STANDING

REST

60



PADDLING ARMS

60



SEATED



STANDING

REST

60



TOE TOUCHES

60



SEATED



STANDING

REST

60



SIDE BICEP CURLS

60



SEATED



STANDING

REST

60



SHOULDER ROLLS



SEATED



STANDING

REST

60



BEND AND SCOOP



SEATED



STANDING

REST

60



DUCKING

60



SEATED



STANDING

REST

60



SIDE TWISTS

60

SEATED

STANDING



REST

60



JUMPING JACKS



SEATED



STANDING

REST

60

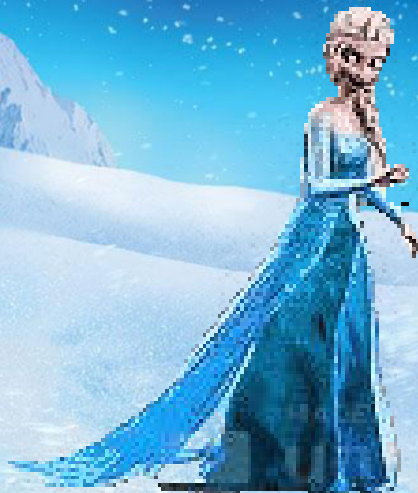


FRONT ARM RAISE

60



SEATED



STANDING

REST

60



ARMS CROSS

60



SEATED



STANDING

REST

60



PUNCHES

60



SEATED



STANDING

REST

60



RUN IN PLACE

60



SEATED



STANDING

REST

60



WINDMILLS

60



SEATED



STANDING

REST

60



NECK STRETCH UP & DOWN

60



SEATED



STANDING

REST

60



ARM CIRCLES

60



SEATED



STANDING

REST

60



SIDE STEP/LUNGES

60



SEATED



STANDING

REST

60



CLIMBING ARMS

60



SEATED



STANDING

REST

60



NECK STRETCH SIDE TO SIDE



SEATED



STANDING

REST

60



SHOULDER PRESS

60



SEATED



STANDING

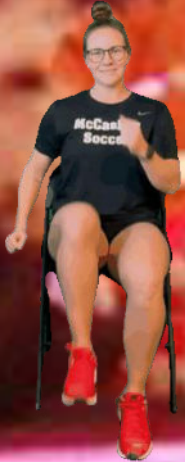
REST

60



HIGH KNEES

60



SEATED



STANDING

REST

60



SWIMMING ARMS



SEATED



STANDING

REST

60



JUMP

60



SEATED



STANDING

REST

60



TIME TO STRETCH!



Arm Stretch Left



10



WAY TO GO!