



WELCOME TO
THE
National Park





DIRECTIONS:

PERFORM EACH EXERCISE FOR 30 SECONDS.

YOU WILL THEN HAVE 10 SECONDS TO REST.

HAVE FUN!





Sitting Workout

or



Standing Workout

TIME TO WORKOUT!



TIME TO WARM-UP!



SHOULDER PRESS

00:30



SEATED



STANDING

00:30

REST



WINDMILLS

00:30



SEATED



STANDING

00:30

REST



CLIMBING ARMS

00:30



SEATED



STANDING

00:30

REST



ARM RAISE & WIGGLE FINGERS

00:30



SEATED



STANDING

00:30

REST



NECK STRETCH UP & DOWN



SEATED



STANDING

00:30

REST



TOE TOUCHES



SEATED



STANDING

00:30

REST



JUMP

00:30



SEATED



STANDING

00:30

REST



SIDE STEP/LUNGES



SEATED



STANDING

00:30

REST



PADDLING ARMS

00:30



SEATED



STANDING

00:30

REST



ARMS SIDE TO SIDE

00:30



SEATED



STANDING

00:30

REST



DUCKING

00:30



SEATED



STANDING

00:30

REST



SIDE TWISTS

00:30



SEATED



STANDING

00:30

REST



RUN IN PLACE

00:30



SEATED



STANDING

00:30

REST



SWIMMING ARMS



SEATED



STANDING

00:30

REST



ARM CIRCLES

00:30



SEATED



STANDING

00:30

REST



ARMS CROSS

00:30



SEATED



STANDING

00:30

REST



ARMS ABOVE HEAD

00:30



SEATED



STANDING

00:30

REST



SIDE REACHES



SEATED



STANDING

00:30

REST



NECK STRETCH SIDE TO SIDE



SEATED



STANDING

00:30

REST



HIGH KNEES

00:30



SEATED



STANDING

00:30

REST



LEG KICKS

00:30



SEATED



STANDING

00:30

REST



TOUCH FINGERS ABOVE HEAD



SEATED



STANDING

00:30

REST



OVERHEAD SIDE BENDS



SEATED



STANDING

00:30

REST



TIME TO STRETCH!



Arm Stretch Left



10

WAY TO GO!

