

# *Sights Around the World*



# 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!



# WINDMILLS

00:30

SEATED

STANDING



# REST

1:00



# CLIMBING ARMS

00:30



SEATED



STANDING

# REST

1:00



JUMP

00:30



SEATED



STANDING

# REST

1:00



# HIGH KNEES

00:30



SEATED



STANDING

# REST

1:00



# TOE TOUCHES

00:30



SEATED



STANDING

# REST

1:00



# LEG KICKS

00:30



SEATED



STANDING

# REST

1:00



# ARMS CROSS

00:30



SEATED



STANDING

# REST

1:00



# SIDE BICEP CURLS

00:30



SEATED



STANDING

# REST

1:00



# TOUCH FINGERS ABOVE HEAD

00:30



SEATED



STANDING

# REST

1:00



# SIDE STEP/LUNGES



SEATED



STANDING

# REST

1:00



# SIDE REACHES

00:30



SEATED



STANDING



# REST

1:00



# PUNCHES

00:30



SEATED



STANDING

# REST

1:00



# NECK STRETCH UP & DOWN

00:30



SEATED



STANDING

# REST

1:00



# FRONT ARM RAISE

00:30



SEATED



STANDING

# REST

1:00



# SIDE TWISTS

00:30



SEATED



STANDING

# REST

1:00



# NECK STRETCH SIDE TO SIDE

00:30



SEATED



STANDING

# REST

1:00



# SHOULDER PRESS

00:30



SEATED



STANDING

# REST

1:00



# RUN IN PLACE

00:30

SEATED

STANDING



# REST

1:00



# PADDLING ARMS

00:30



SEATED



STANDING

# REST

1:00



# SWIMMING ARMS

00:30



SEATED



STANDING

# REST

1:00



DUCKING

00:30

SEATED

STANDING



# REST

1:00



# TIME TO STRETCH!



# WAY TO GO!

