



# WARM-UP ROUTINE

5-7 Minutes

1. March or Jog in Place



2. Jumping Jacks

3. Arm Circles

30 sec Forward & Back

4. Leg Swings

Hold Wall



2. Jumping Jacks



3. Arm Circles

30 sec Forward & Back

4. High Knees

5. Leg Swings

Hold Wall



6. Torso Twists

Get Ready to Move!

★ Before Exercise ★



# COOL-DOWN ROUTINE

5-7 Minutes

1. Slow Walking

2. Deep Breathing

Inhale & Exhale

3. Hamstring Stretch

Touch Toes



2. Deep Breathing

Inhale & Exhale

3. Hamstring Stretch

Touch Toes

4. Quad Stretch

Hold Foot

5. Arm Across Chest

6. Shoulder Stretch



Time to Relax & Recover!