

Today you are working on doing these exercises correctly. You want to have the right form. A rep is how many times you do one exercise.

First, let's warm up!

1

Jumping Jacks: do for 30 seconds

- Jump up and spread your legs apart as you swing your arms over your head.
- Jump again and bring your arms back to your sides and your legs together.
- Make it harder by adding 15 more seconds.

Chair modification: while seated, do the same arm and leg motions as above.



2

March & Arm Swings:

- March in place. Lift your knees up as high as you can. Go at a steady pace.
- As you bring your knee up, swing the opposite arm in front of you.
- Switch your arms when you switch your legs.
- Do this for 30 seconds.

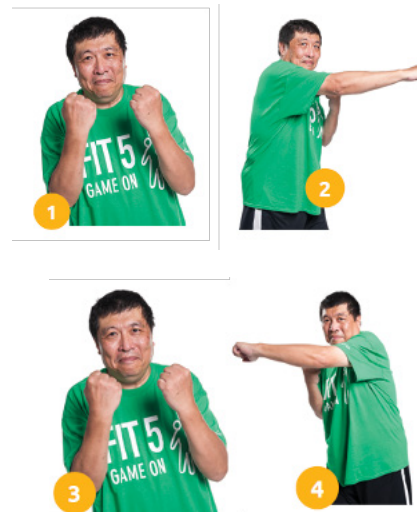
Chair modification: while seated, do the same arm and leg motions as above.



3

Quick Punches:

- Put both your hands in fists by your chest.
- Keep your elbows down by your side.
- Stand with your feet a little wider than your shoulders. Bend your knees slightly.
- Turn toward your left side and punch your right arm in that direction.
- Return to the center with both hands in fists by your chest and elbows down by your side.
- Now, turn toward your right side and punch your left arm in that direction.
- Do this for 30 seconds.

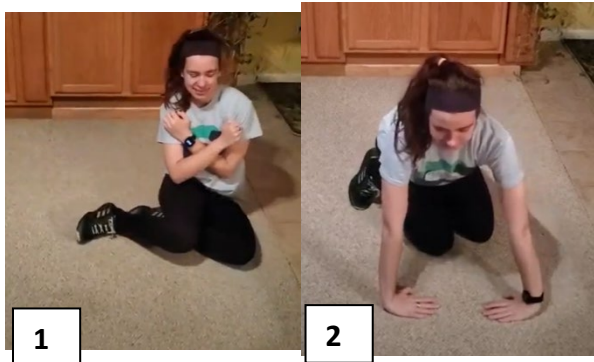


Do these 3 more times. Then get water and rest for 30 seconds.

Week 1 – Skating



1. Fall & Stand Up Unassisted



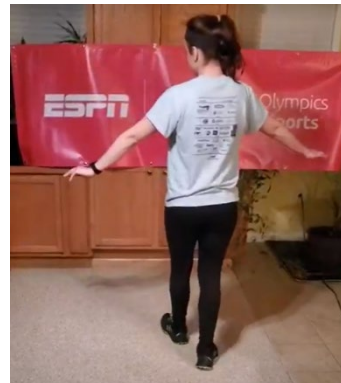
- Bend your knees into a dip, down as far as you can go, with your arms crossed in front of your body
- Fall toward the side, onto your hip or bottom (figure 1)
- Roll onto your knees with your hands in front of your body (figure 2)
- Bring one foot up under the shoulder, then a second (foot beside first foot)
- Pressing into your hands, stand up straight
- Fall down and get back up **5 times**

2. Skating Squat and Hold



- Place your arms out forward for balance
- With your feet close together, squat down until your knees are almost at a 90-degree angle (figure 1)
- Hold this position for 10 seconds
- Do this **10 times**

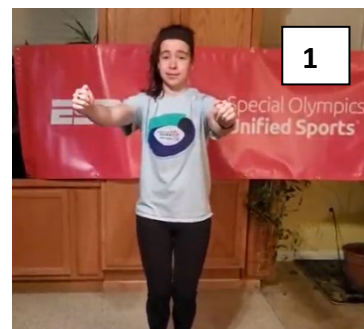
3. Walking Backwards



- Stand with your feet close together with weight slightly forward on balls of feet and your arms out to your side for balance
- Walk backwards across the floor, stepping back about a foot's length each time
- Take 10 steps backwards, while maintaining balance
- Turn around and walk backwards again
- Slowly walk across the space **5 times**

4. Two Foot Jump in Place

- Stand with your arms extended forward (figure 1); bend knees, rock towards balls of feet (figure 2) and push up for a small jump into the air (figure 3)
- Land right back on your toes and roll back onto the balls of your feet
- Then repeat, complete **5 sets of 5 jumps**



It is important to always take time to reset and rest. Stretching helps refresh the muscles.

1 Calf Stretch:

- Stand facing a wall.
- Put your hands against the wall at shoulder height.
- Put one foot in front of the other.
- Bend your elbows and lean in toward the wall. You will feel a stretch in your calves.
- Keep your knee straight and your hips forward.
- Make sure your heel stays on the ground. Stay in place for 20 seconds.
- Switch your feet and repeat the stretch.



2 Chest Stretch:

- Stand tall near a wall.
- Raise your left arm so that your elbow is shoulder height.
- Bend your elbows and place your forearm on the wall.
- Turn your body to the right. You should feel a stretch in your chest muscles. Hold it for 20 seconds.
- Repeat the stretch with your right forearm on the wall and twisting to your left side.



3 Tricep Stretch:

- Stand or sit tall with your left arm by your ear.
- Bend your left elbow so that your hand touches your back.
- Reach over your head with your right arm and grab your left elbow with your right hand.
- Pull your left arm even closer to your ear.
- You should feel a stretch in your upper left arm. Hold it for 20 seconds.
- Repeat the stretch with your right arm by your ear and your left arm grabbing your right elbow.



Bonus Video:

Follow along with some of the stretches in this video:
<https://tinyurl.com/y3tulga3>

