







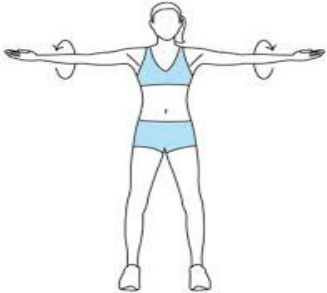


Movement Monday May 25
Exercise Countdown

On rainy days when you can't get out for a walk, why not try the exercise countdown inside?? Please modify if something is challenging and remember to always listen to your body! (You don't need anything special-just an empty floor space, an empty wall, a timer and something to lift for the bicep curl! Heavy books work well!)

	10 (second plank)
 <p>WALL PUSH UPS</p>	9 (wall pushups)
	8 (high knees)
	7 (squats)

	<p>6 (calf raises)</p>
	<p>5 (jumping jacks)</p>
	<p>4 (lunges each leg)</p>
	<p>3 (bicep curls each side)</p>
	<p>2 (arm circles-2 forward and 2 backward)</p>

**1 (minute of deep breaths and stretch out anything that feels sore!)
Repeat 2-3 times**