



1. Neck roll (left and right) – 10 times each
2. Shoulder roll (forward and backward) – 10 times each
3. Arm circles (forward and backward) – 10 times each one arm at a time
4. Hip circles - hands on hips (left and right) – 10 times each
5. Side stretch - legs apart one hand on hip other hand straight in air stretch towards other hip
6. Toe touch - stretch legs apart (left, right and middle) – hold 10 seconds each two times
7. One leg stork stretch - one leg behind grab ankle (10 seconds each leg)
8. Knee squats – 10 times
9. Toe raises – 10 times
10. Jumping jacks – 20 times
11. Push Ups – As many as possible
12. Sit Ups – 1 minute
13. Squats – 1 minute
14. Broad Jump – 3 attempts (longest counts)
15. Plank – 1 minute minimum or longer if possible