

**PLAY  
YOUR  
WAY**

# Knee Bends



1 min high knee bends

**While you're here, do this activity!**

**PLAY  
YOUR  
WAY**

# 10 Lunges

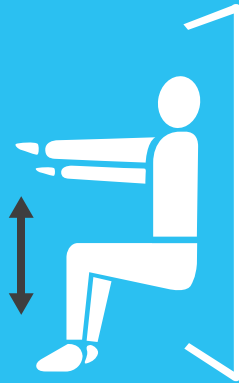


10 Lunges each leg

**While you're here, do this activity!**

**PLAY  
YOUR  
WAY**

# Wall Sits



Wall sitting squats  
1 min each, 3 reps

**While you're here, do this activity!**

**PLAY  
YOUR  
WAY**

# 10 Arm Raises

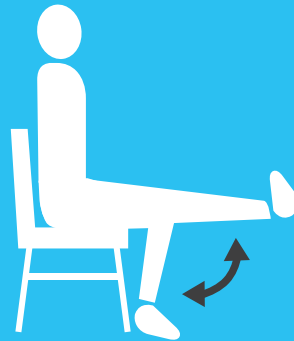


10 Arm raises

**While you're here, do this activity!**



# 10 Seated Leg Raises



10 Seated leg raises

**While you're here, do this activity!**



# 10 Modified Push-Ups

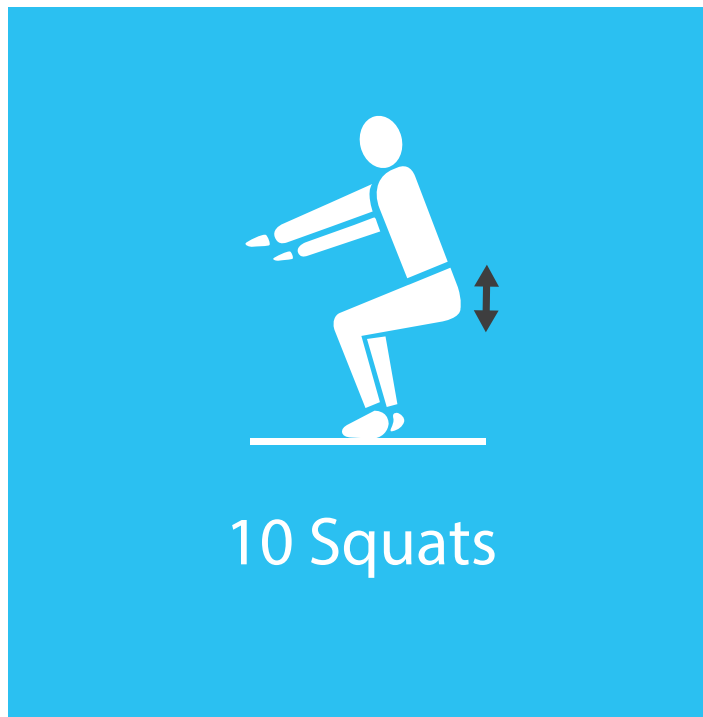


10 Modified Push-Ups  
on a desk or the wall

**While you're here, do this activity!**



# 10 Squats



While you're here, do this activity!

**PLAY  
YOUR  
WAY**

# 10 Shoulder Shrugs



10 Shoulder shrugs

**While you're here, do this activity!**





# 10 Calf Raises



**While you're here, do this activity!**

**PLAY  
YOUR  
WAY**

# Walk Briskly



Walk briskly or Jog  
to the next station

**While you're here, do this activity!**

**PLAY  
YOUR  
WAY**

# Jumping Jacks



30 Seconds of  
Jumping Jacks

**While you're here, do this activity!**



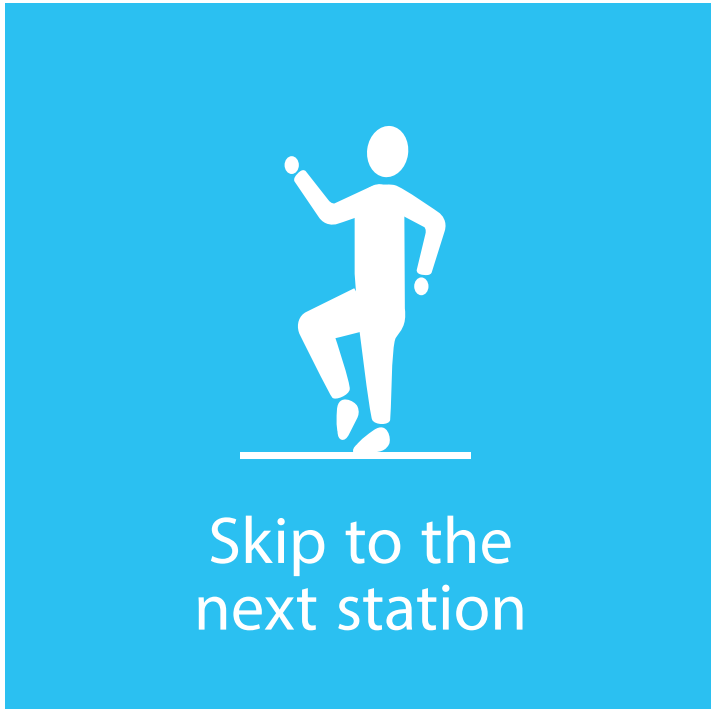
# Side Step



**While you're here, do this activity!**



# Skip



**While you're here, do this activity!**