

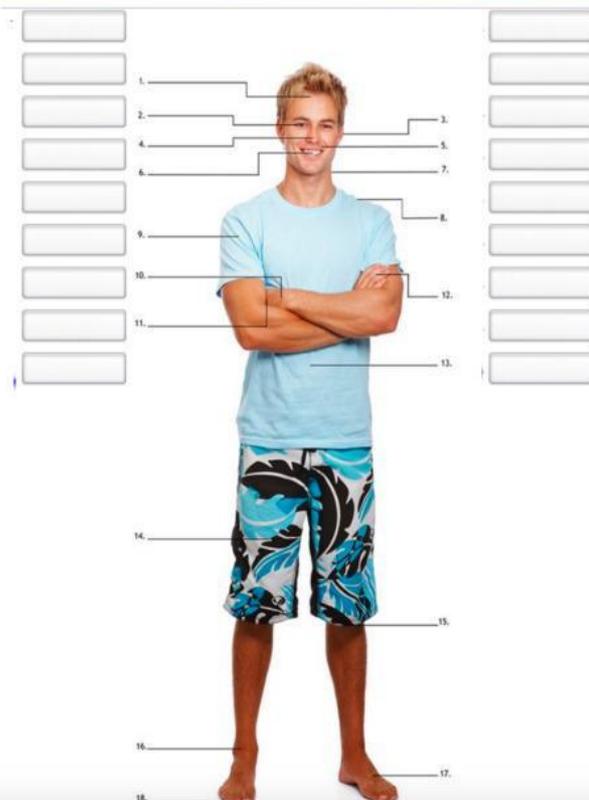
A. _____ Place your right foot carefully on your left leg. Stretch your arms over your head. Hold for 30 seconds. Lower your arms and foot slowly.

C. _____ Stand up. Hold your stomach in. Keep your back and neck straight. Relax your arms. Don't hold your breath. Breathe slowly and deeply.

B. _____ Repeat on the other side. Place your left foot carefully on your right leg. Stretch your arms over your head. Hold for 30 seconds.

Group work - Unscramble the words

- ___ keAnl
- ___ mrA
- ___ aEr
- ___ yEe
- ___ rgeinF
- ___ Foot
- ___ naHd
- ___ eHad
- ___ Keen
- ___ eLg



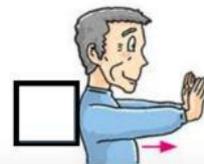
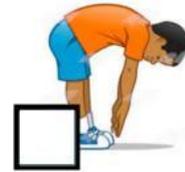
- ___ Mouth
- ___ kINce
- ___ oeNs
- ___ Souldher
- ___ Sacotmh
- ___ teeTh
- ___ oeT
- ___ Wtsri

Match

My friends want to exercise. These are some of the activities I am going to ask them to do:

1. Stretch your **arms/legs/fingers** for a minute.
2. Move your **head** up and down five times.
3. Touch your **toes** three times.
4. Point to your **nose** three times.
5. Raise your left **leg** two times.

What other things can we do?



What connections are not possible?

1. **Stretch** fingers toes arms hands head shoulders legs
2. **Lower** leg hand finger head neck toes nose
3. **Point to** knee head eye wrist toe finger shoulder
4. **Move** hip toe knee waist chest arms wrist hands
5. **Raise** head wrist hand legs toes fingers hips
6. **Touch** knee head eye wrist toe finger shoulder

What words can we connect to make a beginner workout routine?

A		B	C
Stretch		arms	slowly.
Lower		hand	carefully.
Point to	your	head	quickly.
Move		leg	to the right / left.
Raise		nose	up and down.
Touch		toes	



*Raise your arms up ten times
Stretch your arms to the side 5 times
Then raise and lower your arms ten times*

MORNING WORKOUT

30 Day Transformation Challenge For Perfect Body

1
JUMPING JACKS
4 x 20 REPS



2
SQUATS
3 x 20 REPS



3
PUSH UPS
2 x 20 REPS



4
SIT UPS
4 x 10 REPS



5
LUNGES
3 x 10 REPS



6
WALL SIT
2 x 10 REPS



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