

DIRECTIONS **CHOOSE** 5-7 movements
 Select **TIME** - 10 seconds, 15 seconds or 20 seconds
 Select **REST** - 10 seconds or 15 seconds
PRACTICE the workout yourself
TEACH it to a family member
ASK about their thoughts and feelings toward the circuit



Climb

Time:
Rest:

Squat

Time:
Rest:

Tree Pose

Time:
Rest:

Criss-Cross Jump

Time:
Rest:

Forward Lunge

Time:
Rest:

Star Pose

Time:
Rest:

Hop

Time:
Rest:

Opposite Elbow To Knee

Time:
Rest:

Downward Dog Pose

Time:
Rest:

Jumping Jack

Time:
Rest:

Standing Calf Raise

Time:
Rest:

Side Stretch

Time:
Rest:

March

Time:
Rest:

Overhead Press

Time:
Rest:

Mountain Pose

Time:
Rest:

Jump

Time:
Rest:

Biceps Curl

Time:
Rest:

Warrior II Pose

Time:
Rest:

Ski Jump

Time:
Rest:

Arm Circles

Time:
Rest:

SOCIAL CIRCUIT BREAKER