

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



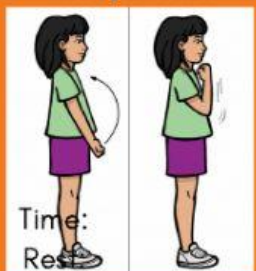
Time:
Rest:

Jump



Time:
Rest:

Biceps Curl



Time:
Rest:

Warrior II Pose



Time:
Rest:

Ski Jump



Time:
Rest:

Arm Circles



Time:
Rest:

SOCIAL CIRCUIT BREAKER