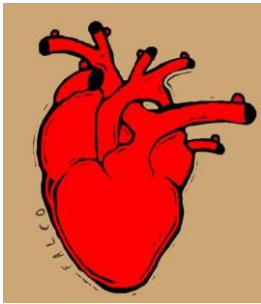




15 Minute Active Countdown

Do each move for 1 minute = a 15 minute workout!
Doing 4 rounds = 1 hour of physical activity!

Choose 5 moves that get your heart pumping!



Fast Feet
High Knees
Grapevine
Side step
March
Run
Skip
Salsa



Make your own:

Choose 4 moves that work your lower body!

Squats
Lunges Right & Left
Leg lifts
Leg Curls
Karate Kicks

Make your own:

Choose 3 moves that work your upper body!

Arm Circles
Push ups
Speed bag
Punches



Make your own:

Choose 2 moves that make you jump!

Frog Jumps
Jumping Jacks
Jump Rope

Make your own:

Let's all Plank for 1 minute!

On the wall
On the floor
On the elbows & knees

Make your own:



CHOOSE HEALTHY HABITS FOR A HEALTHY FUTURE!
Learn more at www.12345Fit-Tastic.org

Follow us on

