

MOVE IT!

Simple 10 second exercises to keep you mobile whilst working remotely.

Take a minute every hour and do a couple! <https://www.playeducation.ca/activity-ideas>

8 of 11

 <p>10 Second Airplane Balance</p>	 <p>10 Second Calf Stretch</p>
 <p>10 Second Sit & Stretch</p>	 <p>10 Second 3-Point Balance</p>
 <p>10 Second Upward Dog (Trunk Lift)</p>	 <p>10 Second Side Lunge Stretch</p>
 <p>10 Second Quad Stretch</p>	 <p>10 Second Standing Forward Fold</p>
 <p>10 Second Butterfly Stretch</p>	 <p>10 Second Side- Body Stretch</p>



10 Second Side Plank (each side)



3 Star Jumps



10 Arm Circles



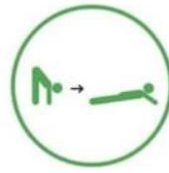
10 Side Lunges



3 Burpees



5 Push-Ups



5 Inchworms



10 Second Forearm Plank



Hover & Hold for 5 Deep Breaths



10 Russian Twists



20 High Knees



10 Squats



10 Forward Lunges



10 Speed Skaters



10 Bird Dogs (Opposite Arm/ Leg Extension)



15 Jumping Jacks



10 Second V-Sit



10 Star Jumps



10 Second
Front Plank



10 Second
Reverse Plank



10 Sumo Squats



10 Superman
-Bananas



10 Donkey Kicks



10 Walking
Lunges



10 Mountain
Climbers



10 Split Jumps