

Instant Recess Movements

Safety tips!

- Movements can be modified for sitting if needed.
- Start with the leg movements and then add the arms.
- Always keep breathing!
- Start easy and build intensity only after someone is comfortable with the basics.

Motivational Messages

- How's everyone feeling today?
- Everybody is looking great! Keep it up!
- Are you having fun?
- Enjoy the movement while you can. We'll have plenty of sitting time later.
- Your body is thanking you!

March and raise arms up and down.
Inhale up and exhale down.



March and Shoulder Press



March and Tricep Extension.
Bend at the hips.



Step side together, side together
Add arms for Modified Jumping Jack



March and Squeeze Upper Back
"the Hulk", bend at hips



Side to side step
Knee raise, add arm row



Side to side step
Hamstring curl, bend leg back



Step behind and raise arms
Hallelujah!



Tap foot to the side and add Punch



Cool Down. End with one deep breath.

