March on the Move Wellness Routine #2

Improve mobility, range of motion, core strength, and blood circulation with these FIVE quick and easy movements!

Instructions:

- Perform each exercise as shown in the progression pictures.
- For each exercise, complete 10-20 repetitions (reps) or for 30-60 seconds.
- Complete 1—8 sets of each exercise.
- Record your time, reps, and sets in the tracking sheet to monitor your progress!

Words to know:

⇒ **Repetition (reps)**: Number of times you perform an exercise.

⇒ **Set**: Number of cycles of reps that you complete.

Example: You completed 15 squats. That is one set of 15 reps.

1 Oblique toe touch

Start with feet hip width apart and arm up.

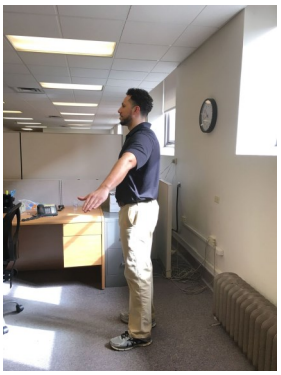
Squeeze abs and touch opposite toe.

Repeat on each side

2 Arm Circles

Keep abs tight and shoulders back

Rotate arms forward.



Rotate arms backward

3 Mummy Lifts

Start with feet hip width apart, arms out

Lift leg forward and cross over arms

Kick other leg and cross under arms

4 Modified Jumping Jack

Start with arms out

Step out and bring hands together overhead

Back to start position

Step out to other side

5 Arm Curl with Lateral Step

Abs tight, palms forward

Step to side and squeeze biceps to curl arms

Bring feet together and lower arms with tension

Questions?

Ask the Wellness Gurus!

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