

Huff & Puff

1.



Marching

Marching on the spot to music for 3 - 5 min

2.



Diagonal Reaches

Touch knees then reach to left, touch knees then reach to the right, X 10 on each side

3.



Chair Taps

Touch chair with toe, alternating legs, X 10 on each leg

4.



Overhead Reaches

Touch knees then reach up high, x 15

Huff & Puff

5.



Low Impact Star Jump

Feet together, tap to the side, alternating sides X 20

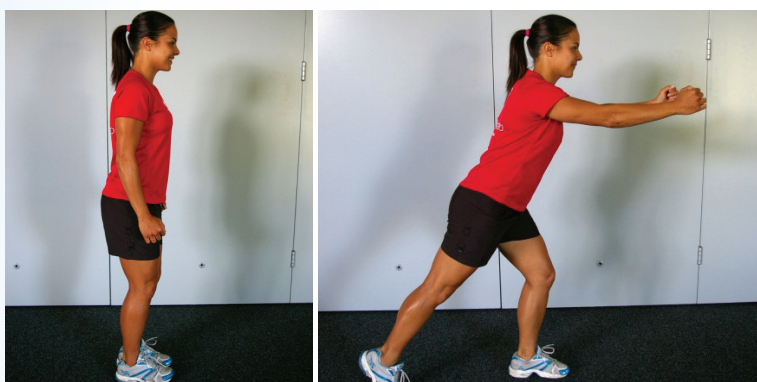
6.



Fidget Feet

Lightly bounce on your feet
30 sec - 1 min

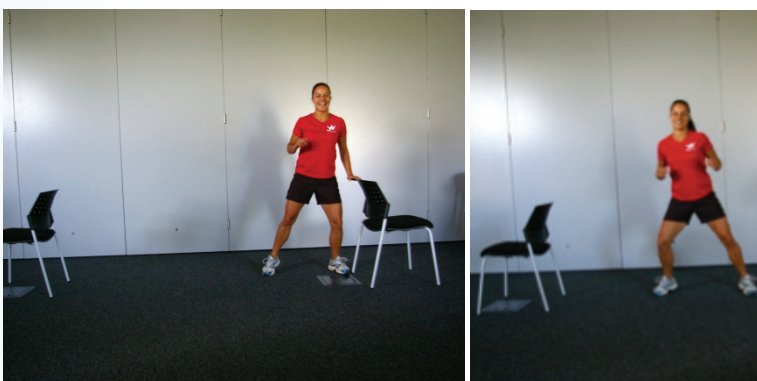
7.



Push Backs

Alternating legs, X 20

8.



Sideways Shuttle

Side step from chair to chair, X 20