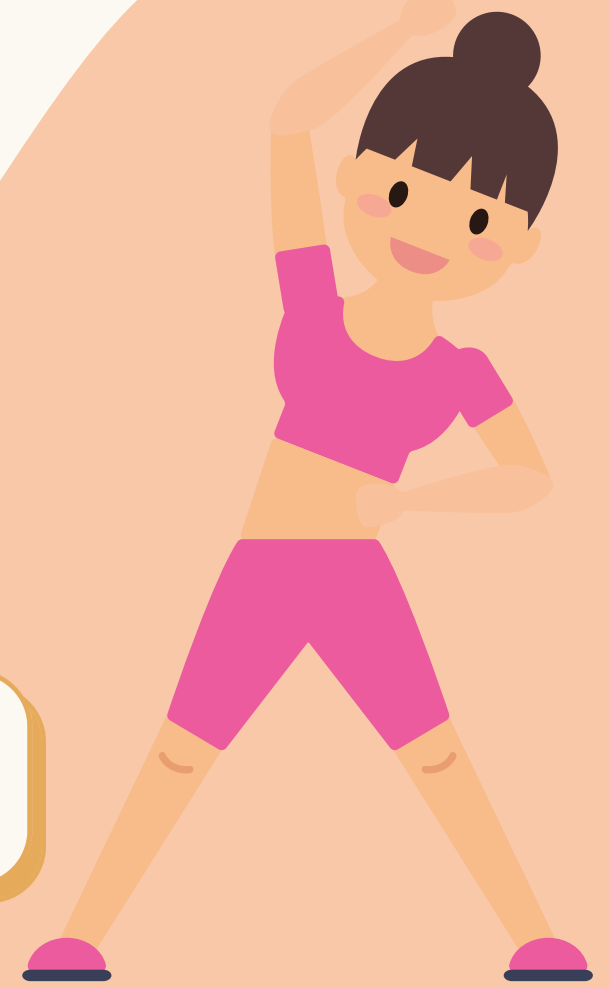


ACTIVE BREAK



INHALE DEEPLY & STRETCH ARMS TO CEILING, THEN EXHALE & BEND DOWN (3-5 REPETITIONS)

TOES - HEELS (10 - 15 REPETITIONS)

SQUATS (8-12 REPETITIONS)

LEG ABDUCTION - SPLAY TO THE SIDE (8 - 12 REPETITIONS PER SIDE)

SWING UPPER BODY SLIGHTLY TO THE RIGHT AND LEFT, AND LET ARMS HANG RELAXED

STANDING CROSS-CRUNCH (6-8 REPETITIONS PER SIDE)

STANDING SWIM (10-15 REPETITIONS PER SIDE)

EAGLES - STRETCH OUT ARMS NEXT TO BODY AND SWING UP AND DOWN (10-15 REPETITIONS PER SIDE)

ALTERNATING BOXING UP AND FORWARD (8 - 12 REPETITIONS PER SIDE)

INHALE DEEPLY AGAIN & STRETCH ARMS TO CEILING, THEN EXHALE & BEND DOWN (3-5 REPETITIONS)



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