

Airplane pose

Jeff Petry
#26



Daily Physical Activity Cards

Airplane pose

- Stand on your left leg
- Extend the right leg behind you.
- Bend your torso forward and take your arms out to the side.
- Try to keep your arms, back and right leg in one line.
- Look down.
- Repeat on the other leg.

Cardio Break

Skater pose

Phillip Danault
#24



Daily Physical Activity Cards

Skater pose

- Stand tall with your arms by your side.
- Shift your weight onto your left leg, and lift your right shin, bending the knee completely.
- Grab your right foot with your right hand.
- Bend forward as you pull your right leg up and back.
- Extend your left hand directly out in front of you and hold the pose.
- Hold for 15 seconds and then repeat on the left side.

Cardio Break

Tree Pose

Brendan Gallagher
#11



Daily Physical Activity Cards

Tree Pose

- Stand with your feet shoulder-width apart.
- Shift your weight to your left foot, and raise your right foot to either:
- against the inside of your right ankle (beginner)
- just above the inside of your right knee (intermediate)
- or at the top inside of your right thigh (advanced).
- Hold for 15 seconds.
- Repeat the steps, standing on the right foot.

Cardio Break

Chair pose

Victor Mete
#53



Daily Physical Activity Cards

Daily Physical Activity Cards

- Stand tall with legs hip-width apart.
- Reach your arms up and bend your knees as much as possible.
- Keep your heels on the floor.
- Hold for 15 seconds.

Cardio Break

Chair pose

Lunge pose

Victor Mete
#53



Daily Physical Activity Cards

Daily Physical Activity Cards

- Take a large step forward with your right leg and bend the right knee to about 90 degrees.
- Keep the weight on your back toes and drop the left knee down toward the floor.
- Hold for 30 seconds.
- Return to your starting position.
- Repeat by putting your left leg forward.

Cardio Break

Lunge pose

Single leg squats

Max Domi
#13



Daily Physical Activity Cards

Daily Physical Activity Cards

- Stand tall with legs hip-width apart.
- Lift your left leg up in front of you and bend your right knee, squatting down.
- Hold for 15 seconds.
- Repeat by lifting right leg and squatting on left.

Cardio Break

Single leg squats

Plank

Carey Price
#31



Daily Physical Activity Cards

- Lie on your stomach and raise yourself up so that you're resting on your forearms (or balancing on your hands - advanced).
- Try to keep your head, neck and back as straight as possible.
- Your shoulders should be directly above your elbows.
- Tighten your abdominal muscles.
- Hold for 15 seconds.

Plank

Cardio Break

One arm hold

Tomas Tatar
#90



Daily Physical Activity Cards

- Lie on your stomach and raise yourself up on your hands (or forearms).
- Your shoulders should be directly above your elbows.
- Lift one arm off the floor without allowing the rest of your body to shift.
- Put your free hand behind your back and hold for 15 seconds.
- Return to starting position and repeat on other arm.

One arm hold

Cardio Break

V sit hold

Paul Byron
#41



Daily Physical Activity Cards

- From a sitting position, pull in your legs and tilt your upper body backwards.
- Extend your arms forward and parallel to the floor.
- Stretch your legs out, feet together and lift into a V position.
- Hold position for 15 seconds.

V sit hold

Cardio Break

Warrior pose I

Phillip Danault

#24



Daily Physical Activity Cards

- From standing position, step your left foot back. Stretch your hands to your sides. Rotate your left foot 90 degrees. Rotate your arms, pelvis and torso as much to the left as you can.
- Bend your right knee trying to reach a 90-degree angle. Keep your left leg straight and firm, your heel is on the floor. - Look forward at your right hand. Repeat on the other side.

Warrior pose I

Cardio Break