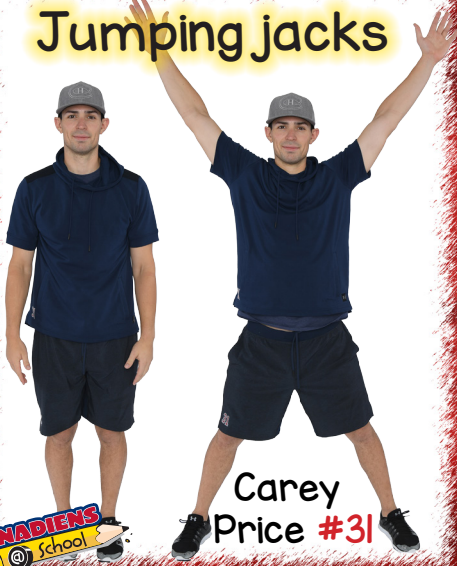


Jumping jacks



Carey
Price #31



Daily Physical Activity Cards

Speed skater

Phillip
Danault
#24



Daily Physical Activity Cards

Burpees

Jeff Petry
#26



Daily Physical Activity Cards

Daily Physical Activity Cards

- Start with your feet together and your arms at your side.
- Jump up, simultaneously spreading your legs apart and bringing your arms over your head.
- Quickly jump to bring your arms back to your side as you bring your feet together.
- Repeat continuously for 30 seconds.

Energy Break

Jumping jacks

Daily Physical Activity Cards

- Stand with your feet shoulder width apart.
- Then jump straight up and land on your left foot, balancing on it for 5 seconds.
- Then jump off your left foot and land on your right, holding that position for 5 seconds.
- Do a sequence of ten repetitions.

Energy Break

Speed skater

Daily Physical Activity Cards

- From a standing position, drop into a squat with your hands on the ground just in front of your feet.
- Then kick your feet back behind you, keeping your arms extended so you are in a raised plank position.
- Jump your feet back towards your hands.
- Push yourself into a standing position, jumping into the air as you do so.
- Do a sequence of five repetitions.

Energy Break

Burpees

Hop scotch

Max
Domi
#13



Daily Physical Activity Cards

- Bouncing on the balls of your feet, jump your feet wide.
- Hop back to center on your left foot, bringing your right knee up, then jump your feet wide.
- Hop back to center on your right foot, bringing your left knee up.
- Continue alternating in this pattern for 30 seconds.

Hop scotch

Energy Break

Seated bicycle sprint

Shea Weber
#6



Daily Physical Activity Cards

- Sit in your chair and grab the sides of the seat with your hands.
- Hop back to center on your left foot, bringing your right knee up, then jump your feet wide.
- Start pumping your legs in a cycling motion as quickly as you can.
- Continue for 30 seconds.

Seated bicycle sprint

Energy Break

Cross country skier

Artturi
Lehkonen
#62



Daily Physical Activity Cards

- Begin with your feet together.
- Jump up bringing the left foot forward, right foot back.
- Land with your knees slightly bent.
- Quickly switch feet while alternating the arms with the legs.
- Repeat for 30 seconds.

Cross country skier

Energy Break

Star jumps



Artturi
Lehkonen

#62

Daily Physical Activity Cards

- Begin with your feet together in a squat position. Arms by your side.
- Now jump up, kicking legs out to side and reaching a star shape with the body.
- Land with your feet together, arms by side and a soft bend in knees.
- Repeat for 30 seconds.

Star jumps

Energy Break

Mountain Climber



Tomas Tatar

#90

Daily Physical Activity Cards

- Start in a traditional plank. Shoulders over hands and weight on just your toes.
- Bring your right knee forward under your chest.
- Quickly switch legs, bringing the left knee forward.
- Continue "running" in your plank for 30 seconds.

Mountain Climber

Energy Break

Heal Digs



Max Domi

#13

Daily Physical Activity Cards

- Start with your feet together.
- Jump up and land on right leg with the left heel straight out in front of you on the floor.
- Jump up and switch legs, landing on the left foot and bringing the right heel in front of you.
- Repeat for 30 seconds.

Heal Digs

Energy Break