

## Airplane pose

Jeff Petry  
#26



Daily Physical Activity Cards

- 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

## Airplane pose

## Skater pose

Phillip Danault  
#24



Daily Physical Activity Cards

- 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

## Skater pose

## Tree Pose

Brendan Gallagher  
#11



Daily Physical Activity Cards

- Stand with your feet shoulder-width apart.
- Shift your weight to your left foot, and raise your right foot to let it rest 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

## Tree Pose

# 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

# Warrior pose I

Phillip Danault  
#24



Daily Physical Activity Cards

Daily Physical Activity Cards

- From standing position, step your left foot back. Stretch your hands to your sides. Rotate your left foot 90 degrees 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.

Cardio Break

# Warrior pose I

## Plank

Carey Price  
#31



Daily Physical Activity Cards

- Lie on your stomach and raise yourself up so that you're resting on your fore-arms (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