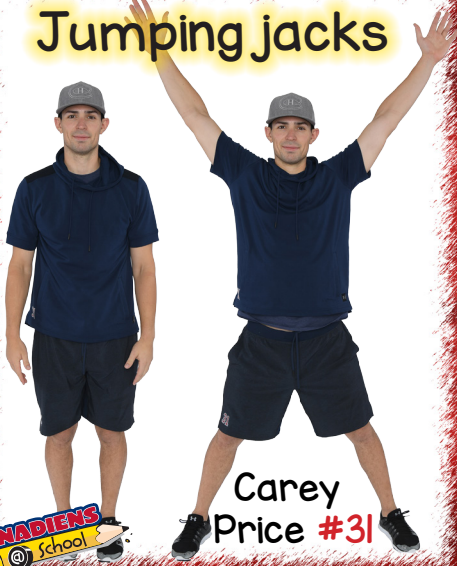


## Jumping jacks



Carey  
Price #31



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.

## Jumping jacks

Energy Break

## Speed skater

Phillip  
Danault  
#24



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.

## Speed skater

Energy Break

## Burpees

Jeff Petry  
#26



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.

## Burpees

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



Shea Weber

#6



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

## Seated bicycle sprint

Shea Weber  
#6



Daily Physical Activity Cards

Daily Physical Activity Cards

- Sit in your chair and grab the sides of the seat with your hands.
- Then lift your legs off the floor.
- Start pumping your legs in a cycling motion as quickly as you can.
- Continue for 30 seconds.

Energy Break

Seated bicycle sprint

## Cross country skier

Artturi Lehkonen  
#62



Daily Physical Activity Cards

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.

Energy Break

Cross country skier