



FIT TIP 13

Find an accountability partner for support and encouragement. It is always more fun to be physically active together. **Move to help your mood!**

Warm up:

Start with these moves to get your body ready.

- Standing Arm Circles — 30 seconds
- March in Place — 1 minute
- Air Squats — 30 seconds
- Jumping Jacks — 1 minute

times as you are able, with correct form.

- Wall Pushups — 15 reps
- Squat and Side Leg Lift — 15 reps each leg
- Burpees — 30 seconds
- Wall Pushups — 15 reps
- Squat and Side Leg Lift — 15 reps each leg
- Burpees — 30 seconds

Need help with the workout movements or want more workouts for home? Visit www.planeatmove.com for more information.

Workout:

Complete the following movements, resting as needed. Repeat movement circuit as many



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