



FIT TIP 14

Get outdoors!

Take a hike, walk your neighborhood, or explore a new park to enjoy different scenery while exercising.

Warm up:

Start with these moves to get your body ready.

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- Standing Arm Circles – 30 seconds
- Marching in Place – 1 minute
- Air Squats – 30 seconds
- Jumping Jacks – 1 minute

Workout:

Complete the following moves, resting as needed. Repeat the circuit as many times as you can, with the correct form.

- Walking Lunges - 15 each leg
- Sit-ups - 15 reps
- Wall Sit - 30 seconds
- Walking Lunges - 15 each leg
- Sit-ups - 15 reps
- Wall Sit - 30 seconds

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



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