



## FIT TIP 6

Use an activity tracker or online fitness app to help with goal setting and progress tracking. Seeing progress makes a huge difference in continually striving for results. **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

### Workout:

**Complete the following moves, resting as needed. Repeat as needed.**

- Squat to Calf Raise - 10 reps
- Situp - 10 reps
- Wall Sit - 1 minute
- Air Squat - 10 reps
- Bench Triceps Dip - 10 reps
- Butt Kicks- 1 minute
- Glute Bridge - 10 reps
- Pushups - 10 reps
- Plank - 1 minute

Need help with the workout movements or want more workouts for home? Visit [www.planeatmove.com](http://www.planeatmove.com) for more information.



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