



FIT TIP 7

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

Workout:

Complete the following moves, resting as needed.

- 25 high Knees
- 5 Pushups
- 20 Squats
- 5 Pushups
- 15 Squat Jumps or Calf Raises
- 5 Pushups
- 10 Lunges
- 5 Pushups
- 1-minute Wall Sit

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



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