

MAKING TIME FOR MOVEMENT

8:00 AM

Front/Back Shoulder Roll
10 reps each way

9:00 AM

March/Run In Place
60 seconds

10:00 AM

Trunk Twist
10 reps each way

11:00 AM

Butt Kicks
60 seconds

12:00 PM

Deep Breathing
5 secs in/10 secs out x 10

1:00 PM

Front/Back Arm Circles
10 reps each way

2:00 PM

Alternating Lunge
60 seconds

3:00 PM

Side/Side Neck Roll
10 reps each side

4:00 PM

Squats
60 seconds

5:00 PM

Trunk Curl/Trunk Extend
10 reps each way

It takes intention to add movement throughout the entire day. Improve productivity and metabolism by purposely engaging your body every hour.

**MAKE YOUR MOVE.
TOGETHER.**