



## FIT TIP 1

Wake up 30 minutes earlier a few days per week to get in your daily physical activity. **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.

#### Set #1

Try to perform all three exercise in a row, followed by 1 minute of rest. Try to complete this set 5 times.

- High Knee Running — 20 seconds
- Jumping Jacks — 20 seconds
- Burpees — 20 seconds
- Rest — 1 minute

#### Set #2

Try to perform all three exercise in a row, followed by 1 minute of rest. Try to complete this set 5 times.

- Crunches — 20 seconds
- Squat Jumps — 20 seconds
- Pushups — 20 seconds
- Rest — 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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