



Classroom Activity Break Exercises

BOOK 3

Instant Recess® Fuel Up, Lift Off!

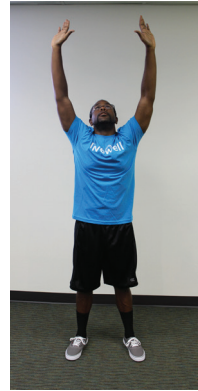
Instant Recess® is a 10-minute bout of activity in the form of low-impact dance movements. Developed over 15 years ago by Dr. Toni Yancey, Instant Recess® was designed to be fun, accessible for people of all fitness levels, and easily incorporated into school, work and community life.

Instant Recess® Fuel Up, Lift Off!

Start by marching in place.

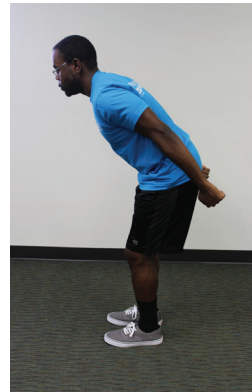
Exercise 1: Shoulder Press

1. Touch thumbs to your shoulders, palms facing out.
2. Push your arms to the ceiling until your elbows are nearly straight.
3. Return to starting position.
4. REPEAT!



Exercise 2: Triceps Kick

1. Bend forward at the hips, keep your arms straight.
2. Bend your arms and pull your elbows close to your body.
3. Push your elbows back as far as possible.
4. Straighten your elbows and squeeze your arm muscles.
5. Bend your elbows until your hands reach your hips.
6. REPEAT!



Exercise 3: Modified Jumping Jack

1. Start with a side step.
2. As you step, raise your arms to the side and up above your head (like a jumping jack).
3. REPEAT!



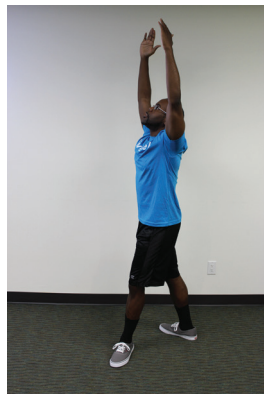
Exercise 4: The Hulk (working your upper back)

1. Bend forward at hips while maintaining a straight back.
2. Let arms fall in front of you and bend at the elbow to form a 90 degree angle (as if you are saying a prayer).
3. Inhale and spread your arms to your sides (goal post position), palms face the floor and hands are at ear level.
4. Exhale and slowly squeeze your arms toward each other and return to start position.
5. REPEAT!



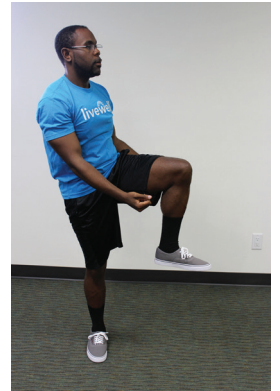
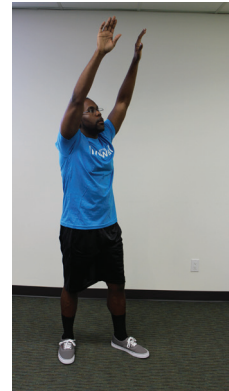
Exercise 5: The Celebration

1. Begin with back step.
2. As your body weight shifts onto your right foot, swing your arms directly above your head.
3. Bring your arms down as your weight is evenly spread between your feet.
4. Swing your arms over your head as your weight shifts to your left foot.
5. REPEAT!



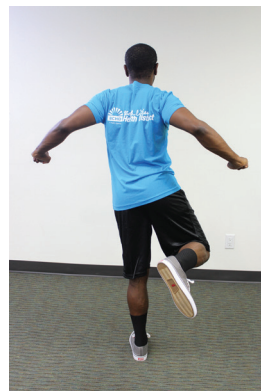
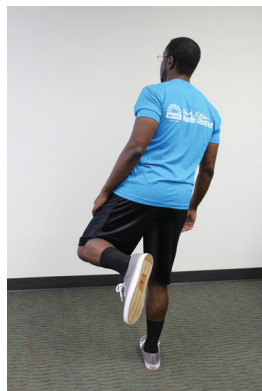
Exercise 6: Knee Lift

1. Pick up your left knee in front of your body.
2. Lower your knee and plant your left foot.
3. Now lift your right knee, and then lower it.
4. Add in your arms by lifting your arms up as you put your feet down and pull your arms down as you lift your knee up.
5. REPEAT!



Exercise 7: Hamstring Curl

1. Start with a side step.
2. After you step to the left with your left foot, bend your right knee to kick your heel toward your bottom.
3. Plant your right foot on the ground.
4. Kick your left foot back toward your bottom.
5. Alternate between left and right.
6. Add in your arms by reaching your arms in front of you then pulling them back (row the boat).
7. REPEAT!



Exercise 8: Step Cross-Punch

1. Start with a side step.
2. As you tap your right heel, punch in front of your body with your right arm.
3. As you tap left, punch with the left arm.
4. REPEAT!



REPEAT all steps again and end with deep breaths in and out.