



Classroom Activity Break Exercises

BOOK 4

Instant Recess® FriarFit Instructions

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® FriarFit Instructions

Start by marching in place.

Exercise 1: Side Step

Exercise 2: Batter on Deck

1. Stand with your feet shoulder-width apart.
2. Put your thumbs up by your shoulders, like you're holding a bat across your shoulders.
3. Twist your upper body to the right.
4. Twist your upper body to the left.
5. Continue twisting from side to side, following the beat.
6. REPEAT!



Exercise 3: Batter Up!

1. Stand with your feet shoulder width apart.
2. Shift your weight to your right leg, bring your left knee up towards your right hip.
3. Bring your left knee back down so your feet are again shoulder width apart.
4. Pretend you're holding a bat out to your right side, with your hands together, elbows out.
5. Swing the bat to the left across your body as you bring your left knee down.
6. REPEAT and feel free to switch up sides.



Exercise 4: The Fastball

1. Stand with your feet shoulder-width apart.
2. Shift your weight to your right leg, bring your left knee up towards your right hip (just like "Batter Up!").
3. Bring your left knee back down to the ground so your feet are shoulder-width apart again.
4. Bring both of your hands (as if you're holding a ball) up to your right shoulder.
5. Throw the "ball" to the left across your body as you bring your left knee down.
6. REPEAT and feel free to switch up sides.



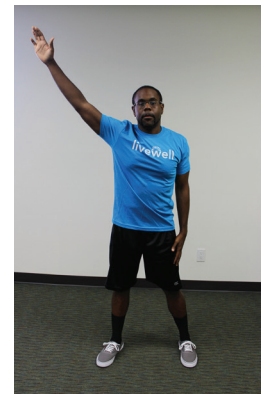
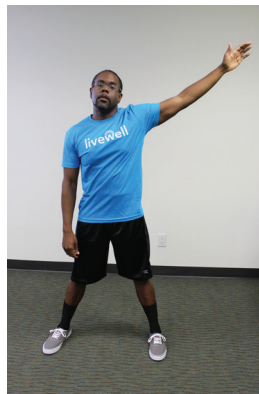
Exercise 5: The Wave

1. Stand with your feet shoulder-width apart.
2. Put your hands up like you're doing "The Wave."
3. Bend at the hip, stick your tailbone out and squat down like you're about to sit in a chair.
4. Stand back up.
5. REPEAT!



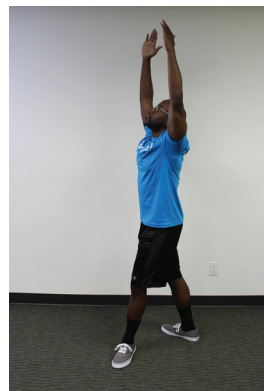
Exercise 6: Foul Ball!

1. Stand with your feet together, move side to side.
2. Step to the right and stretch your right arm out to the side to "catch" a foul ball.
3. Step to the left and stretch your left arm out to the side to "catch" a foul ball.
4. REPEAT!



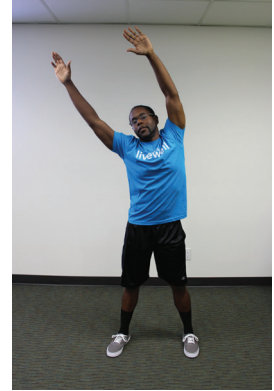
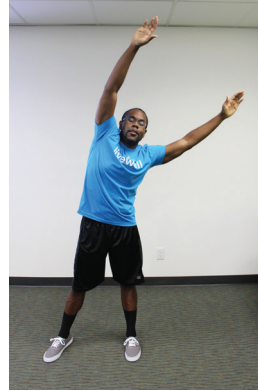
Exercise 7: The Celebration

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 8: The 7th Inning Stretch

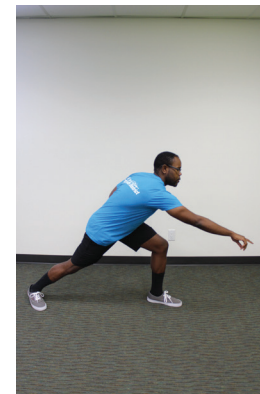
1. Stand with your feet shoulder-width apart, do the side step.
2. Reach for the sky with both hands.
3. Lean to the right and stretch your whole body up and to the right.
4. Lean to the left and stretch your whole body up and to the left.
5. REPEAT!

**Exercise 9: The Grounder**

1. Get into a squat position with your feet shoulder-width apart and your tailbone sticking out.
2. Start with your hands in the middle, "scooping up" a ground ball.
3. Keeping your knees bent, lean slightly forward and toss the ball to the left.
4. Lean slightly forward and toss the ball to the right.
5. REPEAT!

**Exercise 10: The Ump**

1. Start with your feet shoulder-width apart.
2. Turn to the left and bend your left knee so that you're in a lunge position.
3. While you twist your body to the left, bend your right arm and punch the air.
4. Turn to the right and bend your right knee into the lunge position.
5. While you twist your body to the left, bend your right arm and punch the air.
6. REPEAT!

**Exercise 11: Cool-Down**

1. Slowly raise your arms to the side and up above your head.
2. Slowly bring your arms back down while taking deep breaths in and out.
3. REPEAT!