



# Classroom Activity Break Exercises

## BOOK 7

### Instant Recess® Reggae

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® Reggae

**Start with a side step.**

### Exercise 1: Squat with Shoulder Roll

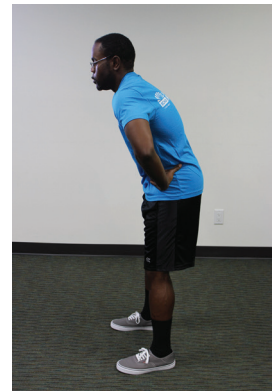
1. Stand-up straight with your feet hip-width apart.
2. Bend at the knee and lower down as if you are sitting in a chair.
3. Straighten your legs, REPEAT.
4. While squatting, roll your shoulders back- one at a time and then try both.



**Back to side step.**

### Exercise 2: Shoulder Contraction

1. Stand straight with feet hip-width apart.
2. Put your hands on your hips.
3. Press your shoulders forward, so that your shoulders are touching your ears and then press (contract) back in.
4. REPEAT!



### Exercise 3: Side to Side Abs

1. Stand straight with feet hip-width apart.
2. Put your hands on your hips and tighten your stomach muscles.
3. Lean first to the right, then back to center.
4. Then to the left, and then back to center.
5. REPEAT!



**Back to side step.**

**Now add exercise 2 and 3 together.**

1. First perform exercise 2 (shoulder contraction) and then exercise 3 (side to side abs).

**Back to side step.**

### Exercise 4: Squat (Bounce) with Twist

1. As you squat, put your hands on your hips.
2. Tighten your stomach muscles and twist at the waist, going side to side.
3. As you twist, lean forward and then lean back.
4. REPEAT!



**Back to side step.**

### Exercise 5: Crazy Legs

1. Stand with feet a little less than shoulder-width apart.
2. Plant feet on the ground.
3. Swing both legs out and then back in.
4. REPEAT!

*Optional:* Add your arms by swinging them side to side.



**Back to side step.**

### Exercise 6: Hit the drum

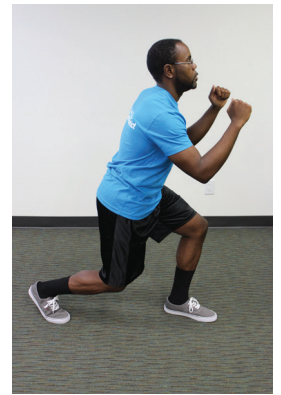
1. Take two steps to the right, then two steps to the left.
2. While you two-step to the right, lift your right arm up and make a 90-degree angle.
3. While you step to the left, lift your left arm up and make a 90-degree angle.
4. With the opposite arm, hit the palm of the hand that is lifted.
5. Now you are "hitting the drum."
6. REPEAT!





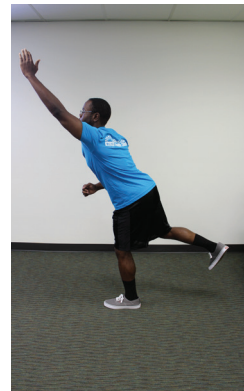
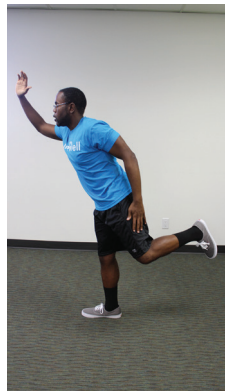
### Exercise 7: Lunge step

1. Stand with your feet together, turn your body to the left and step back with your right leg.
2. Slowly lower your body until your front knee is bent to almost 90 degrees.
3. Make sure to keep your front knee over your ankle and your back knee pointing down.
4. Go back to middle (feet together, facing forward) and turn your body to the right, stepping back with your left leg.
5. Now add in your arms by lifting both in front of you, forming a 90-degree angle.
6. REPEAT!



### Exercise 8: Running Man

1. Start by jogging in place.
2. Now over exaggerate your opposite arm and leg (stay in place).



**Back to side step.**

## Exercise 9: Body Roll

1. Stand-up straight with feet hip-width apart.
2. Bend at your knees.
3. Stick your belly out, straighten your knees and roll your shoulders forward until you are back to the starting position.
4. Keeping your knees loose, repeat this as one fluid motion.

*Optional:* Add arms by clasping your hands together in front of you and “row the boat” by taking your hands from the right side and then to the left.

