



Classroom Activity Break Exercises

BOOK 2

Instant Recess® Rossum Kickoff 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.

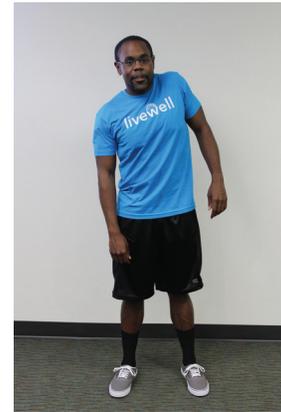
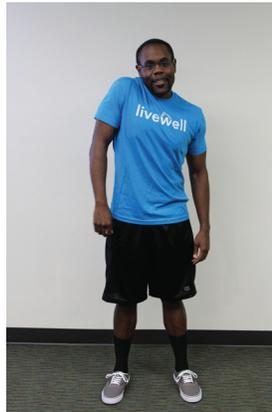
Instant Recess® Rossum Kickoff Instructions

Exercise 1: March in Place

Continue to march in place during the next three exercises.

Exercise 2: Shoulder Rolls

1. Roll shoulders forward and up, so that your shoulders are touching your ears, then back and down (one fluid motion).
2. Alternate right to left.
3. Roll both shoulders together.
4. REPEAT!



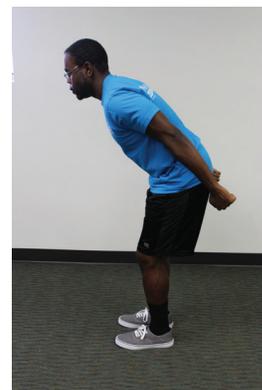
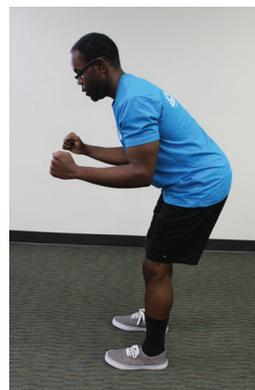
Exercise 3: Shoulder Press

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!



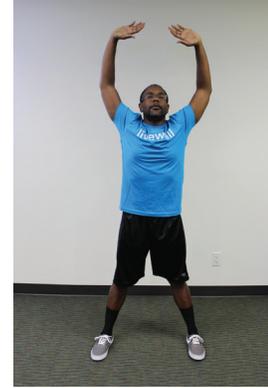
Exercise 4: Triceps Kick

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!

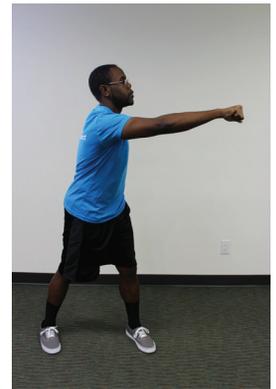
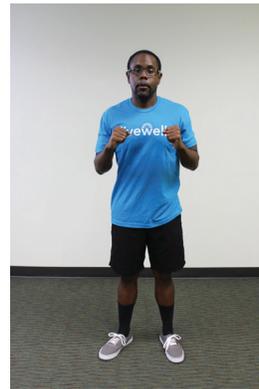
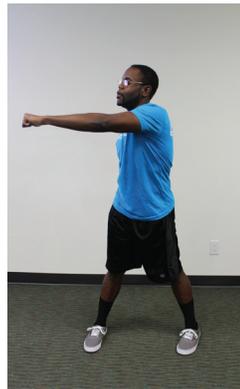


Exercise 5: Modified Jumping Jack

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 6: 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!



March in place.

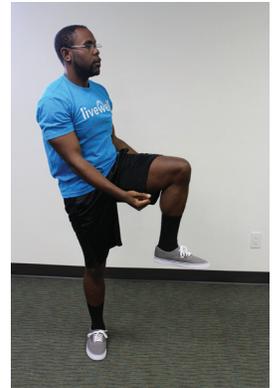
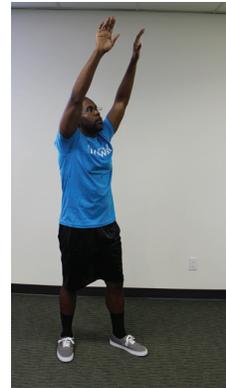
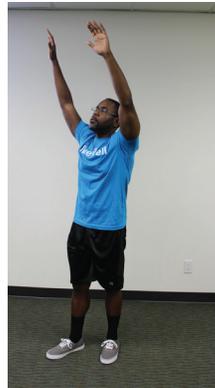
Exercise 7: Hulk

1. Bend forward at the hips with a straight back.
2. Bend your elbows to form a 90-degree angle with arms at your sides.
3. Palms face the floor, hands are at ear level.
4. Slowly squeeze arms toward each other.
5. Return to starting position.
6. REPEAT!



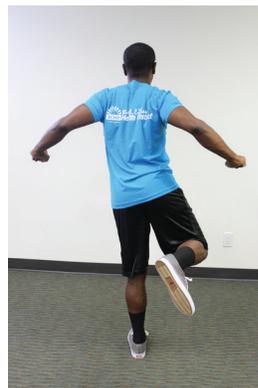
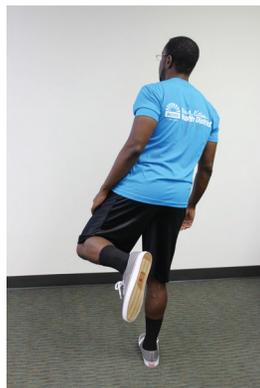
Exercise 8: Knee Lift

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!



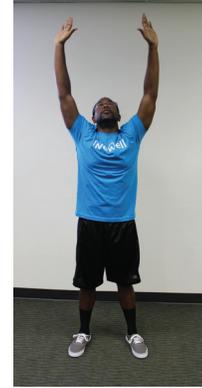
Exercise 9: Hamstring Curl

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!



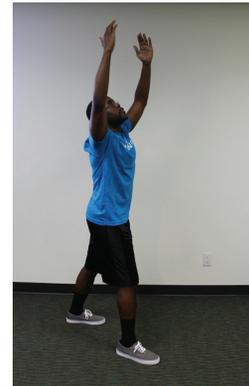
Exercise 10: Shoulder Press

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!



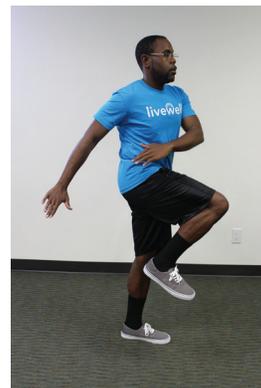
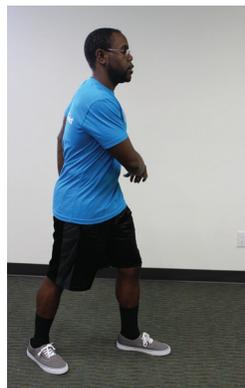
Exercise 11: The Celebration

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!



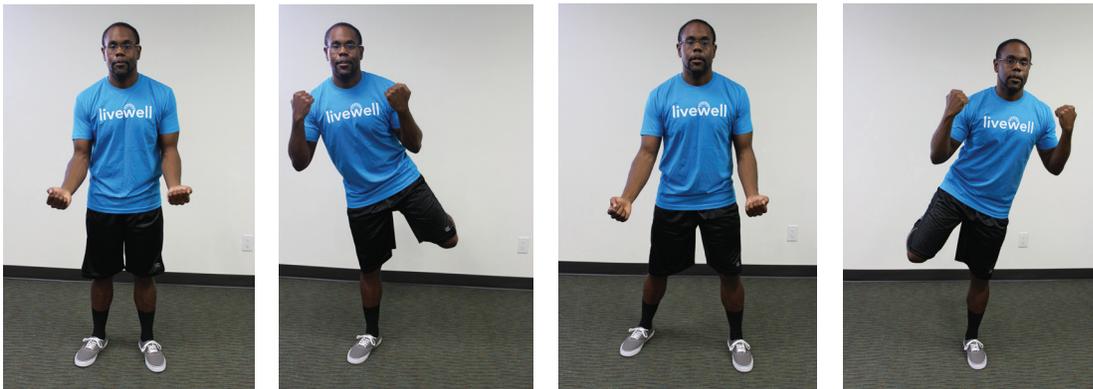
Exercise 12: Heisman Knee Lift

1. Turn your body slightly to the right and bend at the waist.
2. Bring your left knee up and down while pushing your arms across your body to the left.
3. Repeat and then switch sides.
4. REPEAT!



Exercise 13: Bicep Curl

1. Begin with the 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.
4. Kick your left foot back toward your bottom.
5. Alternate left and right.
6. Bring your elbows to your waist with forearms and fists facing up towards the ceiling.
7. While alternating steps, bring your forearms up to your shoulders and down.
8. REPEAT!



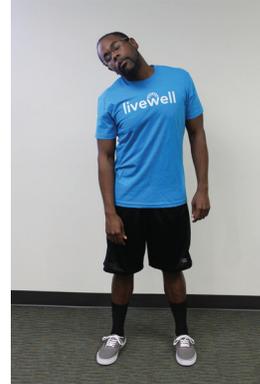
Exercise 14: Shoulder rolls

1. Roll shoulders forward and up, so that your shoulders are touching your ears, then back and down (one fluid motion).
2. Alternate right to left.
3. Roll both shoulders together.
4. REPEAT!



Exercise 15: Neck Stretches

1. Front to Back – Start with chin to the chest, then chin to the sky.
2. Side to Side – Tilt your head from side to side, bringing your ears towards your shoulders.



Exercise 16: Cool down – Arm Circles

1. Slowly raise your arms to the side and up above your head so that your arms are parallel or touching your ears.
2. Slowly bring your arms back down while taking deep breaths in and out.
3. REPEAT!

