

# Adult How-to Guide for 10-Minute Exercise Breaks

Exercises you can do to lift those buns off the chairs. For the best results, do the exercises below in two sets of 12 repetitions two times a week.

## The Hulk



- Bend forward at the hips, keep back straight.
- Bend your elbows slightly in front of you to form a 90-degree angle.
- Slowly raise your arms so your palms face the floor, and hands are at ear height.
- Squeeze down slowly to return to the starting position. Repeat.

## Knee Lifts



- Begin by performing the side step (see back).
- After stepping to the right with your right foot, lift your left knee in front of your body, lower your knee and plant your left foot, now lift your right knee, then lower.
- Alternate left and right.

## Modified Jumping Jacks



- Stand with feet together, hands at your sides.
- Step to the right with your right foot while raising your arms outward and up above your head.
- Return to the starting position. Repeat.

## Shoulder Press



- Stand with palms facing forward at ear height. *May use weights or resistance bands.*
- Push hands up to the ceiling until your elbows are nearly straight.
- Return to the start position. Repeat.

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## Punches



- Begin with the **rock step** (see below).
- As you tap your right toe, punch in front of your body with your right arm, as you tap left, punch with your left arm.
- Be sure not to straighten your arm completely as you punch.

**Rock Step:** Beginning with your feet shoulder-width apart, rock from side to side. As you rock to the right, tap your left toe in place, rock to the left and tap your right toe in place. Repeat.

## Hamstring Curls



- Begin with the **side step** (see below).
- After you step to the left with your right foot, bend your left knee to kick your heel toward your bottom: plant your left foot; kick your right foot back toward your bottom.
- Alternate left and right.

**Side Step:** Beginning with your feet together, step to the right with your right foot. Bring your left foot over next to your right. Now, step back to the left with your left foot and bring your right foot over next to your left. Repeat.

## Triceps Kickbacks



- Bend forward at the hips while keeping your back straight
- Bend arms and pull your elbows close to your body; push your elbows toward the ceiling as much as possible. This is your starting position.
- Slowly straighten your elbows and squeeze your arm muscles. Return to the start
- Make sure your upper arms do not swing as you straighten and bend your elbows.

## Hallelujah



- Begin with the rock step.
- As your body weight shifts onto your right foot, swing your arms directly above your head; bring your arms down as your weight is evenly spread between your feet;
- Swing your arms over your head as your weight shifts to your left foot. Repeat.

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