STANDING EXERCISES

1. Jump
   Take off from both feet and land on both.

2. Hop
   Take off from one foot and land on the same foot.

3. Knee Lift
   Lift knee and touch to opposite elbow.

4. Stride
   Jump with one foot in front of the other. Jump again and switch feet.

5. Punch
   Extend arm out with your fist, then bring back in.

6. Straddle
   Jump with feet apart (wide), then bring them back together.

7. Kick
   Extend your leg out, then bring it back in.
   You can kick in any direction, in front, behind, or side to side.

8. Lunge
   Step out and bend front knee no more than 90 degrees and extend opposite leg behind you with both feet pointing forward.

9. March
   Lift one knee to a 90 degree angle, then the other. Alternate.

10. Mountain Climber
    Place your hands on the floor, shoulder-width apart. Place one leg in front, bent beneath you, and extend the other behind you. Switch legs.

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