

WEEK 4: STRONG LIKE BULL

REVITALIZE



Choose a word - like your name or favourite animal and spell it out. Then do the dynamic stretch or exercise associated with each letter. See how many words you can spell out before getting tired out!

1 Warm up with a 10 minute fast paced walk!

A	Quick Punches	N	Leg Swings
B	Straight Leg Raises	O	Quick Punches
C	Arm and Leg Raises	P	Bounce and Balance
D	Bounce and Balance	Q	Bounce and Balance
E	Leg Swings	R	Standing Rotation
F	Arm Rotations	S	Half Kneeling Chops
G	Single Leg Stance	T	Single Leg Stance
H	Half Kneeling Chops	U	Arm Rotations
I	Arm and Leg Raise	V	Bounce and Balance
J	Walking on a Line	W	Arm and Leg Raise
K	Arm Rotations	X	Arm Rotations
L	Bounce and Balance	Y	Half Kneeling Chops
M	Leg Swings	Z	Single Leg Stance

Champion: Choose 1 more word

Warrior: Choose 2 more words

Super Hero: Choose 3 more words