

DAY 2



Canadian
Cancer
Society

Healthy
Workplaces

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Financial Group

Every hour, or every 2 hours, take a 6 to 12 minute break (depending on your workload) and do each move for 60 seconds, alternating the moves until your time is done.

Click on each move to see how it's done!

Hours

1

2



Side Bend



alternate and repeat



Tree

3

4



Mountain Climbers



alternate and repeat



Butt Kicks

5

6



Jogging In Place



alternate and repeat



Mountain Climbers

7

8



Push-Up



alternate and repeat



Plank

All images and moves have been provided by

GET HEALTHY 