

# DAY 3



Canadian  
Cancer  
Society

Healthy  
Workplaces

Powered  
by



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



Downward Facing Dog



*alternate and repeat*



Mountain

3

4



High Knees



*alternate and repeat*



Jumping Jacks

5

6



Jumping Jacks



*alternate and repeat*



Punching

7

8



Crunch



*alternate and repeat*



Glute Bridge



All images and moves have been provided by

**GET HEALTHY** 