

DAY 4



Canadian
Cancer
Society

Healthy
Workplaces

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iA
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



Warrior



alternate and repeat



Upward Facing Dog

3

4



Butt Kicks



alternate and repeat



Skater Jumps

5

6



Burpees



alternate and repeat



Butt Kicks

7

8



Leg Lift



alternate and repeat



Side Lunge

All images and moves have been provided by

GET HEALTHY 