

DAY 5



Canadian
Cancer
Society

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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



Crescent Lunge



alternate and repeat



Runners Lunge

3

4



High Knees



alternate and repeat



Split Jumps

5

6



Split Jumps



alternate and repeat



Skater Jumps

7

8



Shoulder Tap Push-Up



alternate and repeat



Side Plank

All images and moves have been provided by

GET HEALTHY 