## DESKERCISE

## HOW IT WORKS:

PICK **5 EXERCISES** OUT OF THE ENVELOPE AND PLACE NEXT TO THE NUMBERS.

EXERCISES WILL BE PERFORMED FOR 30 SECONDS AT A TIME WITH 30 SECONDS OF MARCHING IN BETWEEN EACH ONE.

## **REPEAT TWICE.**

\*REMEMBER YOUR WARM UP AND COOL DOWN\*





**DEVELOPED BY CLAIRE MORRIS - HEALTH IMPROVEMENT**