“Lift those buns off the chairs.” with these exercises.

1. Work your upper and lower body at the same time, beginning with legs, adding arms.
2. Alternate more vs. less strenuous movements.
3. If you get tired, slow your pace and/or lower your arms.
4. Build slowly, both in intensity and duration; reduce your pace or stop if you experience discomfort or are too breathless to talk.

Basic Steps to Remember

**Rock step**
Beginning with your feet shoulder width apart, rock from side to side. As you rock to the right, tap your left toe in place; rock to the left and tap your right toe in place. Repeat.

**Side step**
Beginning with your feet together, step to the right with your right foot. Bring your left foot over next to your right. Now, step back to the left with your left foot and bring your right foot over next to your left. Repeat.

**Back Step**
Beginning with your feet together, step back with your right foot and bring it back to the middle then switch to the left side. Repeat.
African Dance Lift Off

Shoulder rolls
Forward, up, back, & down (one fluid motion). Alternate right to left, then roll them together.

Neck stretches
Front to Back- Start with chin to the chest then chin to the sky.
Side to Side- Tilt your head from side to side, bringing your ears towards your shoulders
**Hip Circles**
Half-circles – push hips back and alternate swinging from right to left making half-circles.
Full-circles – push hips back and swing 360° making a complete circle.

**Beat the Drum**
Bend slightly at the knee and alternate tapping your heels to the beat. Then add arms by bending at the elbow to make your fists eye level and begin to alternate extending your arm forward while you tap your heels.

**Harvest**
While marching to the beat, bend slightly at the waist reach out with arms as if you are giving something away. Then, stand up and pull arms in by your waist.
**Sun Salute**
Step left, middle then right, middle. When you step out, open your arms wide as if you are giving a hug & close them across your chest as you step back to the middle.

**Hallelujah**
Begin with the rock step. As your body weight shifts onto your right foot, swing your arms directly above your head; bring your arms down as your weight is evenly spread between your feet; swing your arms over your head as your weight shifts to your left foot; repeat.
**Warrior Lift**
Start with lifting the right knee up while your arms are over your head. Bring your arms and knee down and step back with the opposite leg and put arms behind you.

**Criss-Cross**
Starting with the side step, cross your arms at the wrists. Alternate right to left and as you are stepping out pull your arms back bending your elbows 90° and cross your wrists as you step back in. Repeat.
Gospel Lift Off

Shoulder Press
March in place. Touch thumbs or weights to your shoulders, palms facing out. Push your arms to the ceiling until your elbows are nearly straight; return to start position. Repeat. You can also perform this exercise with stretch bands or without any resistance (weights) at all.

Knee Lift
Begin by performing the side step. After stepping to the right with your right foot, lift your left knee in front of your body; lower your knee and plant your left foot, now lift your right knee, then lower. Alternate left and right.

Hamstring Curls
Begin with the side step. After you step to the left with your left foot, bend your right knee to kick your heel toward your bottom; plant your right foot; kick your left foot back toward your bottom. Alternate left and right.
**Hallelujah**
Begin with the rock step. As your body weight shifts onto your right foot, swing your arms directly above your head; bring your arms down as your weight is evenly spread between your feet; swing your arms over your head as your weight shifts to your left foot; repeat.

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**Tricep Kicks**
March in place. Bend forward at the hips while keeping your back straight. With bent arms, pull your elbows close to your body; push your elbows back as far as possible; straighten your elbows and squeeze your arm muscles; slowly bend your elbows until your hands reach your hips; repeat motion. Make sure your upper arms do not swing as you bend and straighten your arms.
**Step Punch**
Begin with the rock step. As you tap your right toe, punch in front of your body with your right arm; as you tap left, punch with the left arm. Be sure not to straighten your arm completely as you punch.

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**Hulk**
March in place. Bend forward at the hips while maintaining a straight back. Bend your elbows to form a 90-degree angle, while your arms are spread to your sides. Palms face the floor, hands are at ear height; slowly squeeze arms toward each other and then slowly return to starting position. Repeat.
**Modified Jumping Jack**
Stand with your feet together, hands at your sides. Alternate stepping side to side while raising arms to the side and up above your head.
Fuel Up Lift Off-The Original

**Shoulder Press**
March in place. Touch thumbs or weights to your shoulders, palms facing out. Push your arms to the ceiling until your elbows are nearly straight; return to start position. Repeat. You can also perform this exercise with stretch bands or without any resistance (weights) at all.

**Tricep Kicks**
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**Modified Jumping Jack**

Start with your feet together and hands at your sides. Alternate stepping side to side while raising arms to the side and up above your head.

**Hulk**

March in place. Bend forward at the hips while maintaining a straight back. Bend your elbows to form a 90-degree angle, while your arms are spread to your sides. Palms face the floor, hands are at ear height; slowly squeeze arms toward each other and then slowly return to starting position. Repeat.
Hamstring Curls
Begin with the side step. After you step to the left with your left foot, bend your right knee to kick your heel toward your bottom; plant your right foot; kick your left foot back toward your bottom. Alternate left and right.

Hallelujah
Begin with the rock step. As your body weight shifts onto your right foot, swing your arms directly above your head; bring your arms down as your weight is evenly spread between your feet; swing your arms over your head as your weight shifts to your left foot; repeat.
**Knee Lift**
Begin by performing the side step. After stepping to the right with your right foot, lift your left knee in front of your body; lower your knee and plant your left foot, now lift your right knee, then lower. Alternate left and right.

**Side Punches**
Begin with the rock step. As you tap your right toe, turn your upper body left and punch to the side with your right arm; as you tap left, punch with the left arm. Be sure not to straighten your arm completely as you punch.
PADRES FRIARFIT INSTANT RECESS

1st Inning: BATTER ON DECK
(1) Stand with your feet shoulder-width apart
(2) Put your thumbs up by your shoulders, like you’re holding a bat across your shoulders
(3) Twist your upper body to the right
(4) Twist your upper body to the left
(5) Continue twisting from side to side, following the beat. If you’d like, tap your toes in the opposite direction while you twist!
(6) Great job, now you’re ready to be up to bat!

2nd Inning: BATTER UP!
(1) Stand with your feet shoulder-width apart
(2) Shift your weight to your right leg, bring your left knee up towards your right hip
(3) Bring your left knee back down to starting position (step 1)
(4) Repeat steps 2 and 3 until you get comfortable with the beat
(5) Now add the upper body movements – pretend you’re holding a bat out to your right side, with your hands together and elbows out
(6) While you’re repeating step 3, swing the “bat” to the left across your body as you bring your left knee down
(7) Repeat these steps until you knock a few out of the park! Feel free to switch sides and bat lefty!

3rd Inning: THE HOFMANN CHANGEUP
(1) Stand with your feet shoulder-width apart
(2) Shift your weight to your right leg, bring your left knee up towards your right hip (just like “Batter Up!”)
(3) Bring your left knee back down to starting position (step 1)
(4) Now add the upper body movements – pretend you’re about to pitch and bring both of your hands (holding the “ball”) up to your right shoulder
(5) While you’re repeating step 3, throw the “ball” to the left across your body as you bring your left knee down
(6) Repeat these steps to strike out the side! Switch it up and pitch from the left side, too!
4th Inning: THE WAVE
(1) Stand with your feet shoulder-width apart
(2) Put your hands up, like you’re doing “The Wave” at a baseball game
(3) Squat down like you’re about to sit in a chair, sticking your tailbone out and not moving your feet.
* Make sure you keep your back straight by tightening your stomach.
* Also, protect your knees by making sure they stay behind your toes.
(4) Now raise yourself back up to the starting position
(5) Repeat these steps and feel the burn!

5th Inning: FOUL BALL!
(1) Stand with your feet together
(2) Start side-stepping by taking a step out to the right
(3) Bring your left foot over to your right foot
(4) Step out to the left
(5) Bring your right foot over to your left foot
(6) Repeat steps 2-5 to continue side-stepping
(7) Now when you step to the right, reach your right arm out to the side to “catch” that foul ball
(8) As you step to the left, reach your right arm out to the side to “catch” the foul ball coming the other way
(9) Repeat these steps until you’ve got a collection of baseballs for autographs!

6th Inning: THE CELEBRATION
(1) Stand with your feet together
(2) Step your right foot out to the side
(3) Tap your left foot behind your right foot
(4) Step your left foot out to the side
(5) Tap your right foot behind your left foot
(6) Repeat steps 2-5
(7) Now add your arms – when you tap your left foot behind your right foot (step 3), turn your body towards the left as you bring both arms into the air
(8) Bring your arms back down as you bring your feet back together
(9) Raise your arms up to the right as your tap your right foot behind your left foot (step 5)
(10) Repeat these steps, alternating sides, as we get closer to finishing this ballgame!
7th Inning: THE 7th INNING STRETCH
(1) Stand with your feet shoulder-width apart
(2) Point your hands straight up over your head
(3) Lean to the right and stretch your whole body up and to the right
(4) Lean to the left and stretch your whole body up and to the left
(5) Repeat steps 3-4, and feel free to tap your toes to the beat!

8th Inning: THE GROUNDER
(1) Get into a squat position with your feet shoulder-width apart, making sure your tailbone is sticking out and your knees are behind your toes
(2) Start with your hands in the middle, “scooping up” a ground ball
(3) Keeping your knees bent and stomach tight, lean slightly forward and toss the ball to the right
(4) Lean slightly forward and toss the ball to the left
(5) Repeat steps 2-5 as you turn the ball left and right to get those baserunners out!

9th Inning: THE UMP (YOU’RE OUT!)
(1) Start with your feet shoulder-width apart
(2) Turn to the left and bend your left knee so that you are in a lunge position
(3) While you twist your body to the left, bend your right arm and punch the air (like an ump!)
(4) Repeat steps 2 and 3 for both sides of the body, if you like, to make sure you call out as many batters as you can!
(5) Now, you’re out of these exercises. Congratulations and see you next time!
Shoulder rolls
Forward, up, back, & down (one fluid motion) - alternate right to left, then roll them together.

Neck stretch
Front to Back- Start with chin to the chest then chin to the sky.
Side to Side- Tilt your head from side to side, bringing your ears towards your shoulders
**Shoulder Press**
March in place. Touch thumbs or weights to your shoulders, palms facing out. Push your arms to the ceiling until your elbows are nearly straight; return to start position. Repeat. You can also perform this exercise with stretch bands or without any resistance (weights) at all.

**Hulk**
March in place. Bend forward at the hips while maintaining a straight back. Bend your elbows to form a 90-degree angle, while your arms are spread to your sides. Palms face the floor, hands are at ear height; slowly squeeze arms toward each other and then slowly return to starting position. Repeat.

**Tricep Kicks**
March in place. Bend forward at the hips while maintaining a straight back. Bend your elbows to form a 90-degree angle at your side. Push forearms back behind you while elbows remain at your side.
Heel-Tap Punch
As you tap your right heel, punch in front of your body with your right arm; as you tap left, punch with the left arm. Be sure not to straighten your arm completely as you punch.

Hamstring Curls
Begin with the side step. After you step to the left with your left foot, bend your right knee to kick your heel toward your bottom; plant your right foot; kick your left foot back toward your bottom. Alternate left and right.

Knee Lift
Pick up knee in front of your body; lower your knee and plant your left foot, now lift your right knee, then lower. Alternate left and right. Also bend arms with your elbows by your chest and snap your fingers.
**Modified Jumping Jack**
Stand with your feet together, hands at your sides. Alternate stepping side to side while raising arms to the side and up above your head.

**Bicep Curls/Curl Kicks**
Begin with the side step. After you step to the left with your left foot, bend your right knee to kick your heel toward your bottom; plant your right foot; kick your left foot back toward your bottom. Alternate left and right. Bring elbows to your waist with forearms and fists facing up towards the ceiling. While alternating steps, bring your forearms up and down.
**Heisman Knee Lift**
Turn slightly to the right and bend at the waist, bring left knee up and down while the left forearm is pushing back. Repeat then switch sides.

**Cool down**
Slowly raise arms to the side and up above your head and then slowly back down while taking deep breaths in and out.