

# The indoor movement circuit



## Wiggle & shake

Shake your arms, legs, and body like a wet dog. 30 seconds.

## Warm-up

(2 minutes)

## High-knee march

March in place, tap knees with hands. 30 seconds.



**6. Power & Spring Leapfrog**  
Speed & Quickness



## Running Readiness Circuit

**5. Single Leg-Stands/Yoga Stretch**  
Balance & Form



**4. Super Fast Feet**  
Coordination



## 1. Star Jumps

(Jumping Jacks) Explosive Power



**2. The Race Track**  
Endurance & Agility



**3. Bear Crawl/Burpees**  
Coordination & Core Strength



## Cool-down

(2 - 3 minutes)

## Tall tree stretch

Reach for the sky. Hold 15 seconds.  
Count to 10, then switch.

**Duration: 30-60 seconds/activity, 15 seconds rest. Repeat 2-3 times.  
Make it FUN! Use music and play along.**