

High Intensity Exercises - Group 1



Instructions: Do these 5 exercises for 30 seconds each, followed by 30 seconds of active rest (gray box). Repeat this up to 4 rounds.

How often: _____

Changes: _____

Exercises 1 to 5:

1. Sit to Stand

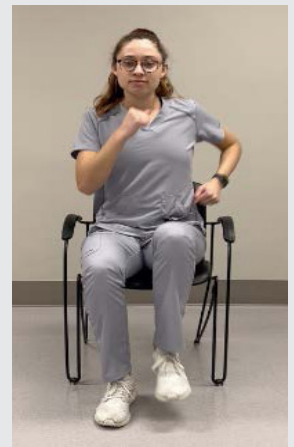


2. March in Place



Active Rest:

Seated Marches



3. Mini Squats



4. Side Steps



5. Heel Raises

