Balance Your Body

Today we are going to demonstrate our Balance Your Body exercise programs developed for our camps to teach life skills centered around healthy activity.

- Warm Up
- Fun Movements on the Stability
- Strength and Conditioning Exercises
- Cool down

Warm Up 3:00
1. Hand Claps
2. Jumping Jacks
3. Lunges
4. Goblet Squats
5. Toe Touches
6. Knee Touches
7. Heels Touches
8. Torso Turns
9. Shoulder Taps
10. Windmills

Fun Movements on the Ball 10:00
1. Bouncing on the ball for 1 minute
2. Bouncing on the ball for 2 minutes with arm movements
3. Reach up
4. Reach Front
5. Hip Movements
6. Side to Side
7. Front to Back
8. Rotation
9. Combination of movements
10. Add arm movements

Strength and Conditioning Movements 5:00
1. Push-ups sets of 10 x2
2. Plank for 30 seconds x2
3. Squats 10 reps x2
4. Side lunges 10 reps x2

Cool down: 2:00
Take a walk or walk in place for two minutes.