Body Activation Exercises

Each Exercise to be repeated a minimum of 10 repetitions

* Single Arm Swings – forward & backward
* Double Arm Circles – forward & backward
* Double Arm Swings – forward & backward
* Cross-over Touch, Reach and Stand
* Neck Rotation (in front only)
* Squats
* Lunges in Streamline Position
* Leg Swings – forward-backward
* Leg Swings -cross-over (forward-behind)
* Heel–Toe Touches (heel forward touch-toe behind touch)
* Heel-Heel Body Rotation Touches (heel touch in front and behind with a torso twist)