

Exercise with Curans: Aerobic Activity

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Pre-Exercise Checklist

- Feeling Well
- Hydrated & have water available for the workout
- Appropriate workout space & attire
- Have the proper equipment for workout
- Checked your blood pressure & heart rate



Warm-up

5 Minutes



30s Each Exercise

1. ½ Neck Circles
2. Arm Circles
3. Hip Circles
4. Marching W High Knees
5. Knee 'Hugs'
6. Pick-the-flowers
7. Ankle circles
8. Leg Swings
9. Around-The-Worlds
10. Toe Touches



0:30

Aerobic Activity

2 Rounds

of 5 different exercises

2 minute break between rounds

Round 1

5 Jumping jacks

5 Knee to elbows

5 Butt kicks

5 High knees

5 Spit Jacks

45s Break

0:45

10 Jumping jacks

10 Knee to elbows

10 Butt kicks

10 High knees

10 Spit Jacks

45s Break

0:45

15 Jumping jacks

15 Knee to elbows

15 Butt kicks

15 High knees

15 Spit Jacks

2-Minute Rest

2:00

Round 2

5 Shoulder Taps

5 Chest Openers

5 March + Twist

5 Heel Taps

5 Squat + Punch

45s Break

0:45

10 Shoulder Taps

10 Chest Openers

10 March + Twist

10 Heel Taps

10 Squat + Punch

45s Break

0:45

15 Shoulder Taps

15 Chest Openers

15 March + Twist

15 Heel Taps

15 Squat + Punch

Cool-Down

5 Minutes



30s Each Exercise

1. Arm Across Body
2. Wrist Extensor Stretch
3. Side Bend
4. Seated Hamstring Stretch
5. Quadriceps Stretch
6. Side Lunge
7. Seated Twist
8. Forward Bend (seated)
9. Seated Hip Opener
10. 3 Deep Breaths



0:30

Thank you

Stretch & Hydrate!