

Yellow/Green



PWR! Moves: 20 reps each



1. **PWR! UP** – While seated, place your hands on your thighs and hinge forward, keeping your chest up the entire time. Push with your hands off your thighs and throw them out to the side, spreading your fingers apart and sitting straight up. Then go right back down to your hands on your thighs.



2. **PWR! Rock** – While Seated, rock from side to side, pivoting and extending the opposite leg, while your hand extends up and away from you in the direction that you rock. Spreading your fingers apart in the process. Alternate sides



3. **PWR! Twist** – While seated, start with your hands out wide spread apart. Then rotate one hand all the way over to the other hand while pivoting the opposite foot, then rotate back over to the original position. Repeat the process the opposite way, alternating sides each time.



4. **PWR! Step** – While seated, sit up straight with your hands on your thighs. Then forcibly step one leg forward and throw your hands out next to your leg and spread your fingers apart. Bring your leg back to center and repeat on the opposite side. Alternate sides.

Seated to Standing Flow: 10 reps each



1. **Seated Hands Floor to Ceiling** – While seated with good posture, have a wide stance with your legs. Hinge forward and touch your hands to the floor. Then sit back up and reach your hands towards the ceiling.



2. **Open Step** – While seated with good posture, have a narrow stance with your legs in front of you. The open one leg out to the side, while still keeping good posture. Then bring that leg back to center and repeat on the opposite side. Alternate sides.



3. **Seated Rock Left to Right** – While seated with good posture, have a normal stance with your legs. Put your arms straight down at your sides, lean to your right and try and touch the floor without rotating or twisting. Just leaning to the side. Then sit straight back up and perform the same thing to the left side.



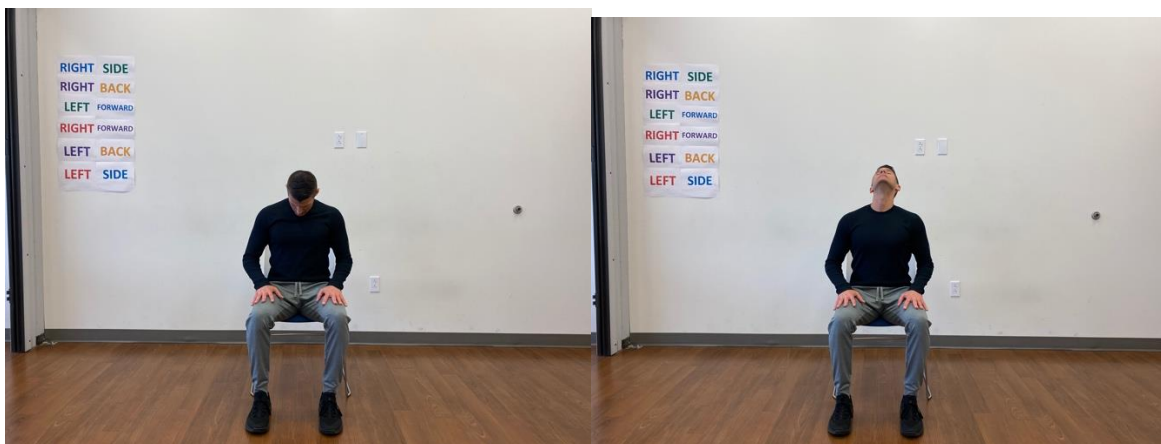
4. **Low Right/Left** – While seated with good posture, rock and reach low across your body, reaching for your foot to the right and to the left.



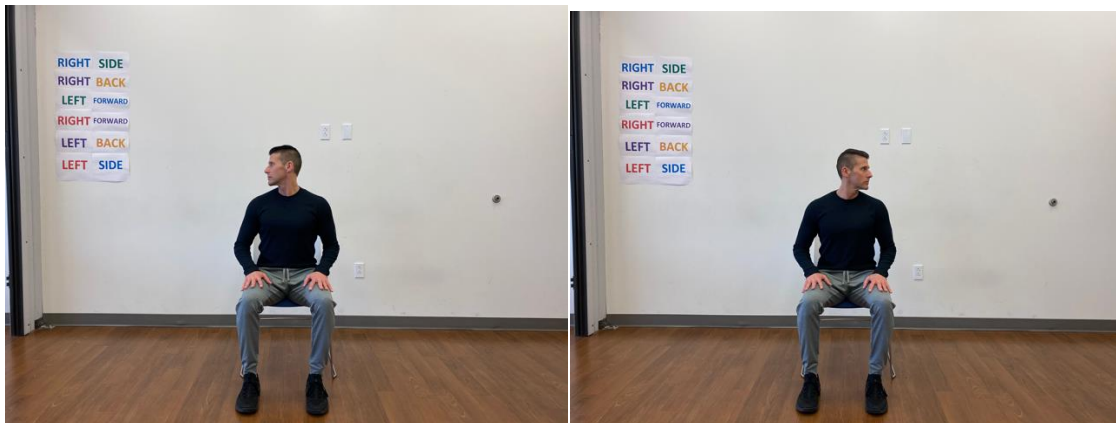
5. **High Right/Left** – While seated with good posture, rock and reach across your body high to the right and then to the left.



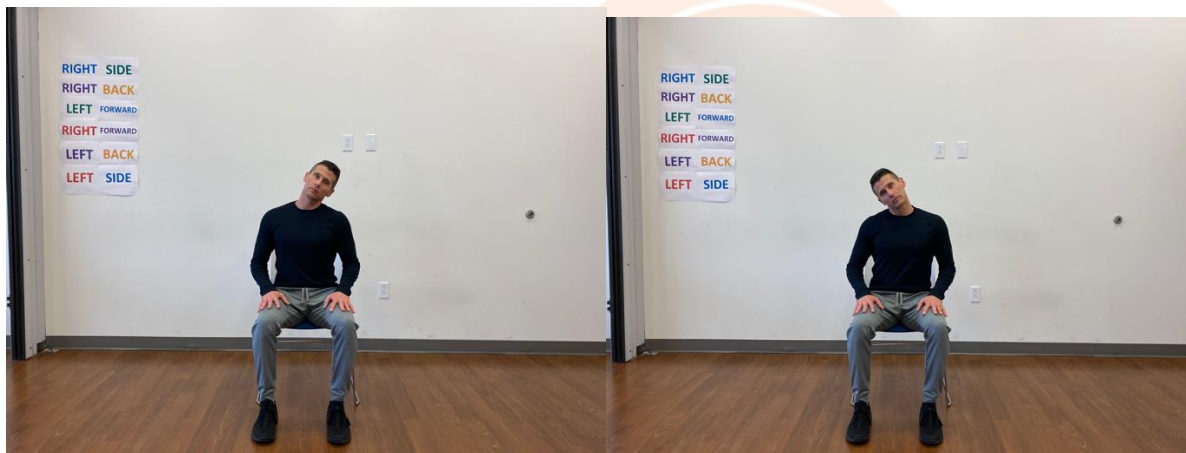
6. **Mid Right/Left** – While seated with good posture, rock and reach across the midline of your body to the right and to the left.



7. **Chin Forward and Back** – While seated with good posture, chest up and shoulders back. Lean your head forward so that way your chin touches your chest, then lean your head back to bring your chin to the ceiling.



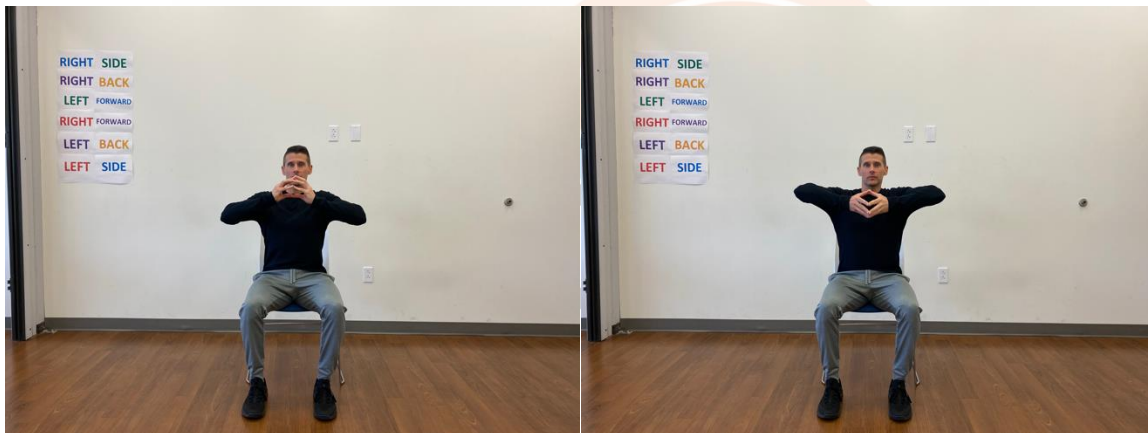
8. **Chin Right and Left** – While seated with good posture, chest up and shoulders back. Turn your head to the right, bringing your chin to your right shoulder, then turn your head to the left, bringing your chin to your left shoulder.



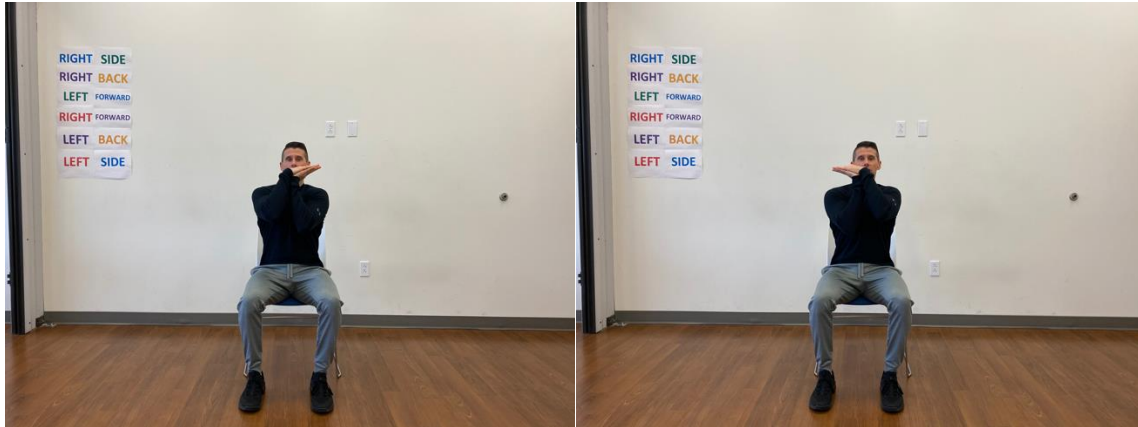
9. **Ear to Shoulder** – While seated with good posture, chest up and shoulders back. Lean your head to the right, bringing your right ear to your right shoulder, then lean your head to the left, bringing your left ear to your left shoulder.



10. **Palms Together** – While seated with good posture, chest up and shoulders back. Place your palms together in front of you and your elbows straight out to the side. Keeping your elbows straight out, rotate your hands forward and back.



11. **Fingertips together** – While seated with good posture, chest up and shoulders back. Place your fingertips together in front of you and your elbows straight out to the side. Keeping your elbows straight out, rotate your hands forward and back.



12. **Elbows together** – While seated with good posture, chest up and shoulders back. Place your palms and your elbows together in front of you. Then fold your hands over from side to side, keeping your palms and elbows together.



13. **March In Place** – While seated with good posture, march in place in your chair. Focusing on raising your opposite arm and your opposite leg.



14. **Leg Lift** – While seated with good posture, straighten one leg in front of your with your toes pointed towards the ceiling. While keeping that leg straight, pick it straight up. The goal is to get it parallel with the floor while keeping your knee straight. Repeat with the other leg.



15. **Seated Diagonal Low to High** – While Seated with good posture, bring your hands together in front of you. Bring both of your hands low to your right side while

keeping your arms straight, then bring them high to the left. Perform 10 reps in this direction and then switch. Reaching your hands low to the left and high to the right.



16. **Seated Twist** – While seated with good posture, put your hands together straight out in front of you. Twist your hands and your upper body to the right, following your hands with your eyes. Then twist back to center and continue twisting all the way to the left, repeat the process for 10 reps.



17. **Shrugs** – While seated with good posture, put your hands straight down at your side. Shrug your shoulders up as high as you can get them and then lower them back down.



18. **Straight Leg Hand to Foot** – While seated with good posture, straighten one leg out in front of you with your toes to the ceiling. With your right hand reach for your toes, come back to center then repeat the process with your left hand. Perform this 10 times and then bring that leg back in, extend the other leg and repeat the process another 10 times.



19. **Toes Up Heels Up** – While seated with good posture, have your legs in a neutral stance in front of you. Pick your toes up off the ground, place them back on the ground and then raise your heels up. Perform this 10 times.

Hand Boost : 10 Reps Each



1. **Hand Flick** – While seated with good posture, hold your hands in a fist close to your body. Then throw your hands away from you and forcibly spread your fingers apart. Then bring your hands back in and into a fist.



2. **Rock and Flick** – While seated with good posture, perform the same motion as the hand flick. But this time as you throw your hands forward, rock your upper body forward while still keeping your chest up, and as you bring your hands back in rock back into an upright position.



3. **Hip Slaps** – While seated with good posture, take both of your hands, rotate and slap your hips on the right side. Then rotate over to the left side and slap the hips on the left side of your body.



4. **Pancake Flips** – While seated with good posture, place your hands on your thighs. Then flip your hands over so that way the backs on your hands are on your thighs. Continue to flip them back and forth for 10 reps. Then straighten your arms out in front of you, with one hand palm up and one hand palm down. Then flip your hands

that way the opposite palm is up and the other one is down. Continue this process for 10 more reps.

