

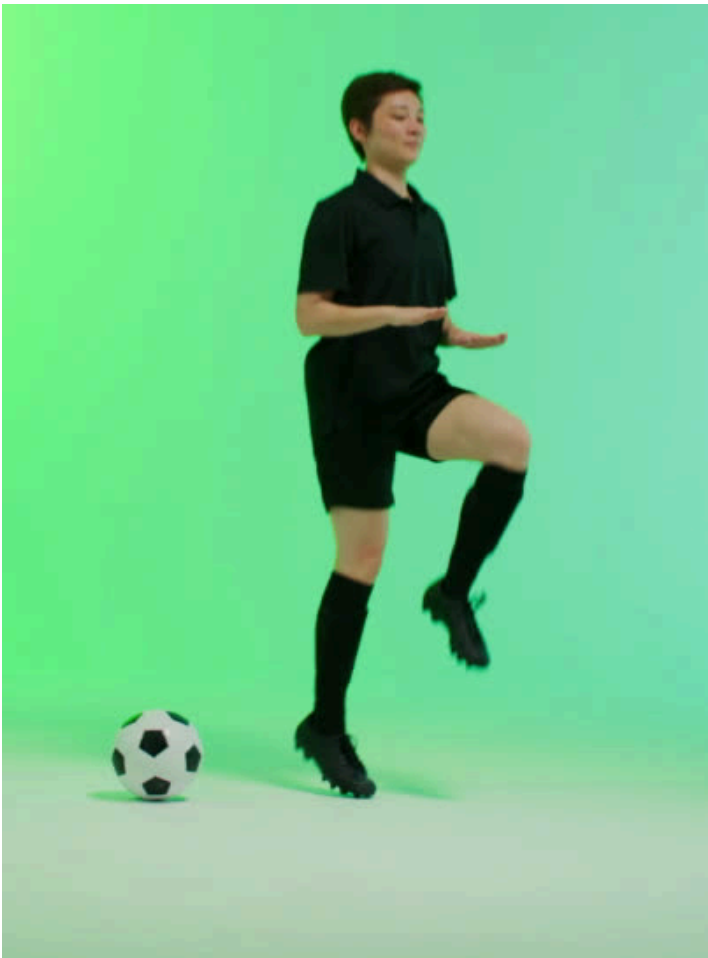
# *Fitness At Home*

## **Warm-Up (5 minutes)**

Arm Circles – 20 sec each way



# Leg Swings – 10 each leg



# Light jogging in place – 1 min

