



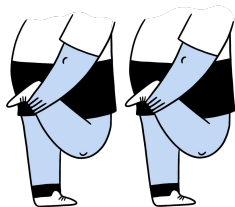
Physical Health Choice Board



Choose from 6 - 8 stretches below to complete as a warmup. Click on a picture to take you to a video. Once complete, meet back on MS Teams!



Knee Hugs



Ankle Grabs



Zombie Kicks



Side Lunges



Squats



Walking Toes Forward
Windmill



Walking on Heels
Backwards
Windmill



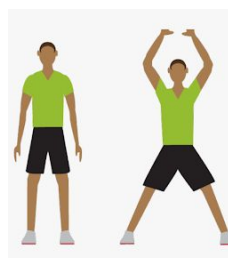
High Knees



Butt Kicks



Lunges



Jumping
Jacks



Don't forget to have a drink of water once you are done stretching!!

