



Energy Bay Exercises

Directions: You have 5 minutes to complete your Energy Bay Break. Pick 3 exercises complete them and head back to class.

Exercise	Number or Time
Bicycle Kicks	25
Push-Ups	10/15
Crab Walk	15
Calf Raises	15
X-Jumps	15
Jump Lunges	10
Elbow Plank	1 minute
Imaginary Jump Rope	1 minute
Jump Squats	10
Burpees	10/15
Butt Kicks	15
Squats	10
Run in place	2 minutes
Crunches	25
Mountain Climbers	10/15
Frog Jumps	10/15
High Knees	10/15
Wall Sit	1 minute
Lunges	10/15
Ankle Touches	10/15
Ice Skaters	10/15