



Start each workout with Marching, Wrist Circles, Ankle Circles, Shoulder Rolls, Hip Circles, any creative way to get your body moving and ready to go!

Each class will have 10 exercises listed for the whole week. Switch up your routine daily with the examples below to prevent boredom:

Repetitions (between 10-15 repetitions for each exercise depending on your comfort level)

Time -

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