



10
SQUATS

10
JUMPING JACKS

10
HIGH KNEES

Turn on music and
DANCE
for 2 minutes

30
SECOND
LARGE ARM
CIRCLES

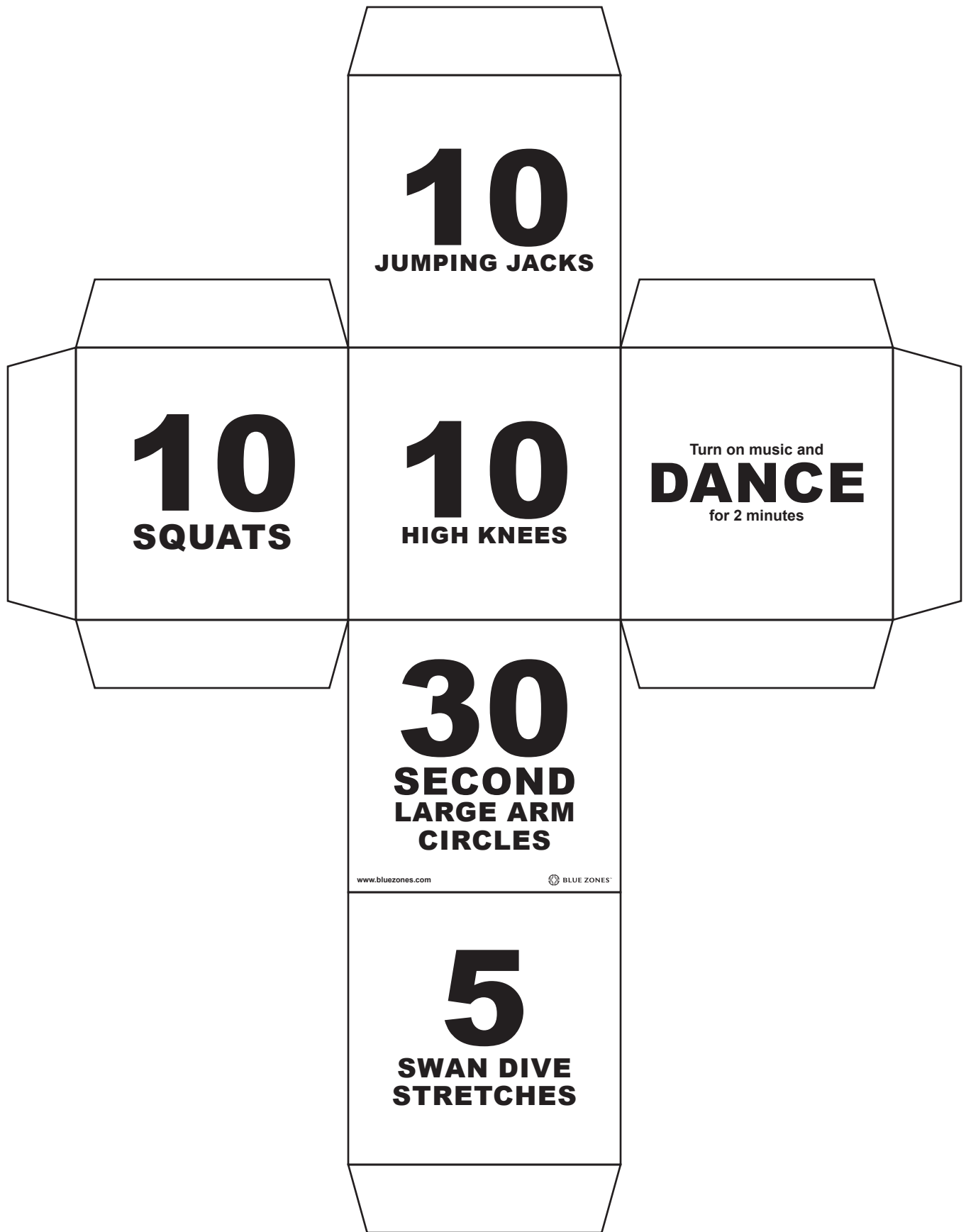
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5
SWAN DIVE
STRETCHES

MOVEMENT

 **BLUE ZONES™**



MOVEMENT

