



GEORGINA

RECREATION AT HOME

St. Patrick's Day Workout

Enjoy moving your body with different workout activities that spell out St. Patrick's Day.

Time: 30 minutes

Materials: Timer and a yoga mat

Using the workout movements, complete each activity. If you can, try to complete three times.

S Squats - 15 times

T Toe Touch - 15 times

P Plank - 15 seconds

A Alternating Lunges - 15 times for each leg

T Tuck Jumps - 15 times

R Run on the Spot - 15 seconds

I Inch Worm - 15 times

C Calf Raises - 15 times

K Kick Bums - 15 times for each leg

S Shoulder Taps - 15 times each side

D Donkey Kicks - 15 times each side

A Arm Circles - 15 seconds

Y Yoga Pose - Down Dog for 15 seconds

