



GET MOVING WITH *MOVE OF THE DAY* CARDS

Did you know that the U.S. Department of Health and Human Services recommends that adults participate in at least 150 minutes of physical activity and two muscle-building activities per week? Help your employees to accomplish these goals by giving them examples of fun and challenging workouts!

The *Move of the Day* cards in this packet were developed by Be Active NC to promote strength-training and other physically active movement. Consider placing the cards in break rooms or wellness rooms where they are easily visible. They can also be passed out via emails, newsletters, brochures or posters as part of wellness initiatives to educate employees on ways they can build more muscle.

***Move of the Day* cards included in this packet are:**

Bench Dips

Big Circles

The Burpee

The Pyramid

The Superman

V-Sits



BENCH DIPS

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Step

1

Begin in a seated position with your arms on the bench or chair beside you. Using your arms, lift yourself off the bench and move your hips forward.

Step

2

Bend your elbows and lower yourself straight down until your arms are bent at 90 degrees. Return to starting position and repeat.

BURPEE

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Step

1

Start in a standing position, feet shoulder width apart.

Step

2

Drop down into a lower squat position, placing hands on the floor slightly in front of your feet.

Step

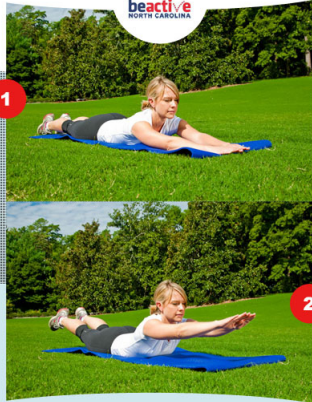
3

Jump or step back into a plank position (top of a push-up). Jump or step back back up into a squat position and return to standing. Repeat.

Pyramid Workout

5-10-15-20-15-10-5

SUPERMAN



Step 1 Begin on your stomach on a mat, with your arms in front of you.

Step 2 Using your glutes, hamstrings and lower back, lift your hands and feet up at the same time. Pause for a few seconds at the top of the motion and then return to the down position. Repeat.

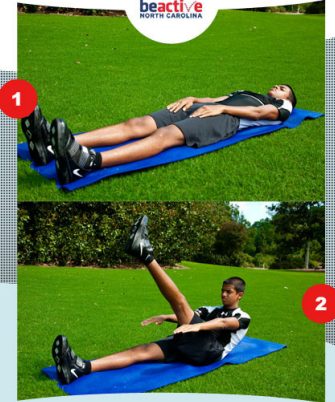
BENCH DIPS



Step 1 Begin in a seated position with your arms on the bench or chair beside you. Using your arms, lift yourself off the bench and move your hips forward.

Step 2 Bend your elbows and lower yourself straight down until your arms are bent at 90 degrees. Return to starting position and repeat.

V-SITS



Step 1 Begin on your back on a mat, hands at your side.

Step 2 Lift your chest and one leg off of the ground and reach your hands beyond your leg on either side. Return to your back and repeat with the other side.

BURPEE



Step 1 Start in a standing position, feet shoulder width apart.

Step 2 Drop down into a lower squat position, placing hands on the floor slightly in front of your feet.

Step 3 Jump or step back into a plank position (top of a push-up). Jump or step back back up into a squat position and return to standing. Repeat.

BIG CIRCLES



Step 1 Start this move in a standing position, feet shoulder width apart, the ball or weight in front of you. Squat down lowering the ball to slightly in front of your knees.

Step 2 As you begin to stand, move the ball clockwise to begin drawing a circle with your arms. Keep your arms straight, but do not lock out your elbows.

Step 3 As you approach standing again, the ball should be above your head. Lower again, continuing to draw the big circle. Complete the number of desired repetitions, then repeat counter clockwise.

This is a pyramid workout. You can perform this style of workout with any moves that you choose. Here are a few moves to get you started. Perform each exercise for 5 repetitions. For example, 5 supermen, 5 bench dips, 5 V-sits and so on. Then perform 10 repetitions of each exercise, then 15, 20, 15, 10 & 5. If you are a beginner, only go to 15, then head back down the pyramid with 10 and 5 repetitions of each.

SUPERMAN

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1



2



Step

1

Begin on your stomach on a mat, with your arms in front of you.

Step

2

Using your glutes, hamstrings and lower back, lift your hands and feet up at the same time. Pause for a few seconds at the top of the motion and then return to the down position. Repeat.

V-SITS

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1



2



Step

1

Begin on your back on a mat, hands at your side.

Step

2

Lift your chest and one leg off of the ground and reach your hands beyond your leg on either side. Return to your back and repeat with the other side.