

Exercise
is Medicine[®]
On Campus

Lunch-n-Learn Series
MOVEMENT SNACKS

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	Flexibility	Strength	Cardio
Upper Body	Neck Shoulder Shoulder Shrugs/Circles Posterior Deltoid Raise Back Scratcher Triceps Biceps Forearm Wrist Circles Arm Shake Arm Scissors Arm Circles Sunflower	Shoulder Shrugs Upright Row Overhead Press Deltoid Raise (A & L) Shoulder Ext/Int Rotation Lat Pull Down Triceps <ul style="list-style-type: none"> • Kickback • Over Ext. • Dips Biceps Curl Forearm Flex/Ext Chest Press Chest Fly	Push-up Air Boxing
Core	Twists Rotation Bends Monkey Folds Cat/Cow	Boats Scissors Flutter Pedal Bicycle Circle Knee to Chest Russian Twists	Total Body Jumping Jacks Jumping Jills XC Skier Speed Skater Frankenstein Butt Kicks Windmills Squats Lunges Jumps Pops
Lower Body	Dancer Triangle IT Figure 4 High Knee Pull Lunge Warriors <ul style="list-style-type: none"> • I, II, III, Gentle, Humble Garland	Calf Raise Leg Ext. Leg Curl Side Steps <ul style="list-style-type: none"> • Adductor • Abductor Chair Pose Lunge Squat	Walk Stair Climb

UPPER BODY: FLEXIBILITY

NECK

SHOULDERS

BACK

ARMS

FOREARMS/WRISTS

UPPER BODY: STRENGTH

SHOULDER SHRUGS

UPRIGHT ROW

OVERHEAD PRESS

DELTOID RAISE (A & L)

SHOULDER EXT/INT ROTATION LAT PULL DOWN

TRICEPS

- KICKBACK
- OVER EXT.
- DIPS

BICEPS CURL

FOREARM FLEX/EXT

CHEST PRESS

CHEST FLY

CORE: FLEXIBILITY

TWISTS

ROTATIONS

BENDS

MONKEY

FOLDS

CAT/COW

CORE: STRENGTH

BOAT

SCISSORS

FLUTTER

PEDAL

BICYCLE

CIRCLE

KNEES TO CHEST

RUSSIAN TWIST

LOWER BODY: FLEXIBILITY

DANCER (quad pull)

TRIANGLE (hamstring)

IT

HIGH KNEE PULL

FIGURE 4

GARLAND

LOWER BODY: STRENGTH

SQUAT

CHAIR

LUNGE

SIDE STEP

LEG EXTENSION

LEG CURL

CALF RAISES

TOTAL BODY CARDIO

WALK

STAIRS

JUMPING JACKS

JUMPING JILLS

XC SKIER

SPEED SKATER

FRANKENSTEIN

BUTT KICKS

WINDMILLS

SQUATS

LUNGES

JUMPS

POPS