

# Bizzy Breaks



for Bizzy Bodies and Bizzy Minds

## Looseners


Warm up and energise



- 1 Piano Play
- 2 Alphabet Trace
- 3 Weight Lifts
- 4 Shoulder Shrug
- 5 High Reach
- 6 Slow March
- 7 Heel Touch
- 8 Press & Pull

## Huffers

Get your heart pumping



- 1 Spot Walk
- 2 Hup March
- 3 Punch Bag
- 4 Side Step
- 5 Bounceroo
- 6 Breaststroke
- 7 Split Bounce
- 8 Sky Punch

## Stretchers

Stretch and relax



- 1 Finger Fan
- 2 Wrist Wrencher
- 3 Wing Wings
- 4 Bum Stretcher
- 5 Calf Stretcher
- 6 Shin Stretcher
- 7 Side Bend
- 8 Trunk Twister
- 9 Reacher Upper