

Digital Detox Fitness Tour de Home Workout



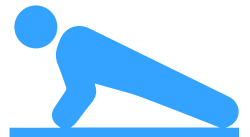
Start by creating a "course" to tour in your home. For me, it is a lap that starts in the dining room and goes through the kitchen, living room, then upstairs, down the hallway and back again to the start.

Use the following key for each room or CREATE YOUR OWN!

DINING ROOM	KITCHEN	LIVING ROOM	STAIRS
Turn on a song and dance - freestyle! This counts as a warm-up in the first round	10 air squats	10 wall push-ups	Skip a step and pump tight fists as you walk up; take slow, deliberate steps down and spread your fingers apart as you wave your hands overhead on the way down.

Repeat as many rounds as you'd like in 10-15 minutes.

You can do this outside with anything you see, hear, etc. on a route. For example, each oak tree = 10 side lunges, each cardinal call = 20 second shoulder shimmy! Anything goes.



courtesy of Rebecca Allen, SAS RFC Program Coordinator

