

# HEAVY WORK STOP

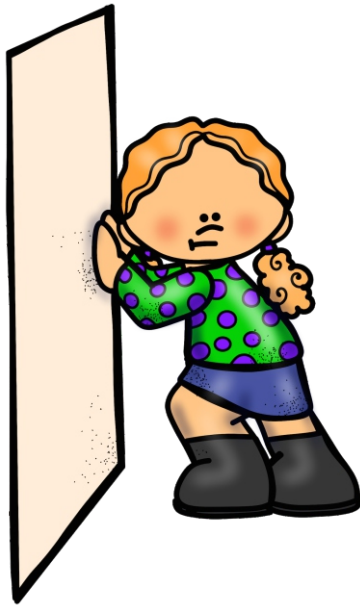


REVIEW THE DIRECTIONS BELOW.

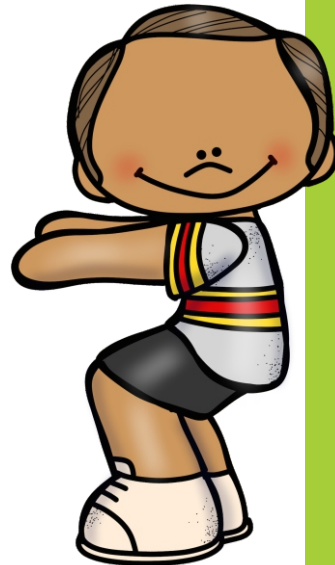
DO YOU HAVE QUESTIONS?

GO!

**WALL PUSH UPS** - Place your feet about one foot away from the wall. Put both hands on the wall. Complete 20 wall push ups.



**WALL SITS** - Stand with your back against the wall. Your feet should be about 6 to 12 inches away from the wall. Bend your hips and knees, keeping your entire back against the wall. Hold this position for 20 seconds.



**JUMP IN PLACE** - Jump in place as high as you can 10 times in a row.



**HUG YOURSELF** - Cross your feet. Cross your arms across your chest. Give yourself a big squeeze. Count to 20 while you hug yourself.

