



Exercise Move

Use a quick series of exercise moves to get a group moving

TIME

5 minutes



TEAM STAGE

Norming, Performing

MATERIALS

None

SUMMARY

This mini workout will really help to get a group moving. This goes great before or after a sedentary activity to incorporate some movement.

SET UP

- Have all participants stand in an area that gives them enough room to swing their arms without hitting anyone or anything near them.

INSTRUCTIONS

- Have all participants find a place to stand and encourage them to take each exercise at a pace that is comfortable for them.
- Call out and lead a series of exercise moves, such as:
 - *Ten jumping jacks.*
 - *High-knees for 20 seconds.*
 - *Raise your hands above your head ten times.*
 - *Jump up and down for 15 seconds.*
 - *Put your elbows out and twist back and forth ten times.*
 - *Run in place for 30 seconds.*
 - *Hop on one foot five times, then switch feet.*
- Mix up the moves and durations or repetitions to fit the ability of the group. For a quick energizer, just pick one set.

VARIATIONS

- To get more people involved, have one participant pick and lead one exercise move and popcorn to another participant to choose and lead the next exercise move. Continue until every participant has had a chance to choose and lead an exercise move, or a set amount of time has elapsed.



Audio Sharing: To add an extra twist, play songs like “Jump Around”, “Cha Cha Slide”, or “Cupid Shuffle” and follow the movements in the song instead of calling out exercise moves.



Online: To facilitate this activity virtually, have participants take a step back from their computer and clear some space before beginning. To lead the variation that includes music, use audio sharing to play the songs over the virtual platform. [\[click here for video\]](#)



Asynchronous: To facilitate this activity asynchronously, record a video of yourself doing a series of exercises and have participants watch the video and do the exercises on their own time.

- For related activities, see [Coconut Stretch](#) and [Name Stretch](#).