











FIT Start Poster

<h2>S</h2>	<h3>Swing the Arms</h3>		<h3>20 Swings</h3>
			<ul style="list-style-type: none"> • Stand up straight. Feet as wide as hips. • Arms straight out to the side. Level with shoulders. • Slowly Swing the arms backwards in large circle motion. • Squeeze shoulder blades together as you circle your arms back.
<h2>T</h2>	<h3>Twist the Body</h3>		<h3>20 Twists</h3>
			<ul style="list-style-type: none"> • Stand up straight. Feet wider than shoulders. • Arms straight out to the side. Level with shoulders. Palms down. • Slowly Twist your upper body left and right. • Keep arms out straight.
<h2>A</h2>	<h3>Alternate & Sink</h3>		<h3>10 Sinks</h3>
			<ul style="list-style-type: none"> • Alternate your feet with one foot in front of the other. Use wall for support. • Feet should be 2-3 feet apart. • Bend both knees, Sink your body straight toward ground. • Switch legs & Repeat.
<h2>R</h2>	<h3>Reach & Fold</h3>		<h3>10 Reaches</h3>
			<ul style="list-style-type: none"> • Stand up straight. Feet as wide as hips. • Reach your arms straight above your head. • Fold forward at the hips keeping legs straight. • Keep your back straight.
<h2>T</h2>	<h3>Touch & Toss</h3>		<h3>10 Tosses</h3>
			<ul style="list-style-type: none"> • Stand up straight. Feet as wide as hips. • Squat and Touch your knees with your hands. • Stand and Toss your arms upward as if you were tossing a ball into the air. • Keep your back straight