**BE ACTIVE-BE HAPPY!**

**Warm-up**

**1. Light jogging for 3 minutes.**

**2. Jog exercises (approx. 0.5-1 minute each):**

* lowering your hands to the ground (alternating left and right);
* arm circles (left, right, both forwards, backwards, at the end of a circle with both hands in opposite directions);
* running in reverse;
* crossroads (interlaced) with the left side to the direction of the run, then with the right side;
* jumps with alternating swings of hands up and lifting the knees.

**3. Walk exercise: stretching your arms forward and alternating leg swings with your toes touching your hand (8 repetitions per leg).**

**4. In-situ exercises (8 repetitions each):**

* torso leaning forward, arms to the side, twisting the torso by swinging the arms (torsion);
* circling the hips back and forth;
* knee circulation (inward, outward, both ways together);
* circulation of the wrists and ankles;
* squats.

**5. Ground floor exercises (10 repetitions each):**

* push-ups;
* crunches;
* oblique crunches;
* vertical scissors lying on the stomach;
* board (30 seconds).

***Projekt***

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