

FIVE WAYS TO MOVE WHILE MARCHING ON THE SPOT

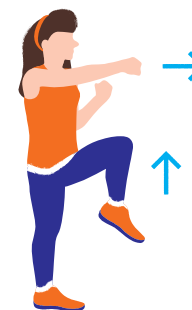
Repeat each activity for **30 seconds**

Wide feet marching



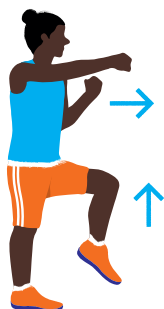
1. Stand with your feet shoulder width apart.
2. March on the spot raising your knees as high as you can.

High knee marching and punching



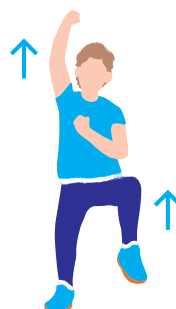
1. Stand with your feet shoulder width apart.
2. March on the spot raising your knees as high as you can and punch forwards with one arm at a time.

Forward punching while marching



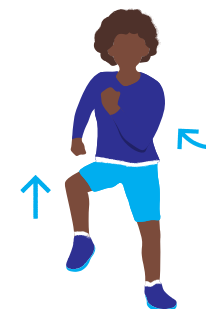
1. Punch forwards with one arm at a time and start marching on the spot at the same time.

Upward punching while marching



1. Punch upwards and start marching on the spot at the same time.

Uppercuts while marching



1. Swing your left arm to the right, punching upwards and start marching on the spot at the same time.
2. Repeat with your right arm.