Opt 2 Move Forward-N-Back Active-Fit Course

Follow these simple steps to use the Active-Fit Course:

1. Set movement location 25 to 50 feet apart
2. Select (4) Full-Body Active-Fit exercise motions
3. Get warmed up: power walk, skip, march or jog Forward-N-Back 2 or 3 times
4. Stop at a Movement Location, do an exercise motion 5-10 times
5. Continue travel Forward-N-Back for 10-30 minutes

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Date:	Exercise Time:

Active-Fit Log

Active-Fit Motions

Walkouts

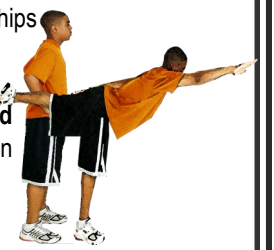
- Stand, reach arms up
- Squat down, place hands on floor
- Walk hands forward out to plank **Hold**
- Walk hands back to feet
- Stand up, reach arms up
- **Hold and Repeat**

Video

Standing Bird Dog

- Stand with hands on hips
- Bend over at hips
- Extend right leg back and arm forward; **Hold**
- Return to start position
- **Repeat**
- **Alternate sides**

Video



Squat Kick Back

- Squat down with hands on hips
- Stand up, extend one leg back
- Reach arms up; **Hold**
- Return to start position
- **Alternate legs; Re-**

Video

Jumping Jacks

- Stand with hands to sides
- Jump legs open with arms out and up
- Return to start
- **Repeat**

Video

To see or download more Active-Fit Motions, select the icon or Visit: www.opt2move.com