

Golden Vista Exercises

1 **MINNESOTA WARMUP (20)**

Cross arms in front & kick legs back at the same time.

2 **BOW TO ALLAH (5)**

Stretch arms above head, bend down to floor, stay & count to 5, back up. Do 10 times

3 **ROLL SHOULDERS (10 EA Way)**

4 **PUSH THE HEAD (2 X EA WAY)**

Put right hand to right side of head, push & count to 5; then left side, push & count; then both hands on forehead, push & count; and last both hands on back of neck, push & count. REPEAT.

5 **ARM SWING (10)**

Hands on back of neck, alternate swinging right and then left. Count to 10.

6 **TOUCH TOES SHORT WAY (20X)**

7 **ATLAS MOVE - (COUNT 5 - DO 2 X)**

Left hand grabs right hand, push & pull, count to 5. Repeat with right hand grabbing left hand. Same for wrist on both sides. Then arms behind back. Repeat process.

8 **JAMAICA MOVE (20)**

Lock thumbs, stretch arms above head, swing down between knees, repeat 20 times.

9 **NECK MOVES (3 EA WAY)**

Turn head to the right, count to 5, turn head to left & count, repeat 3 times. Then lay head on right shoulder, count to 5, lay head on left shoulder & count, repeat 3 times. Finally rotate your head in a circle (or up & down) and then rotate in opposite direction.

10 **TOUCH TOES LONG WAY (20)**

Hands high over head, reach down to touch toes using opposite hand & foot, repeat 20 times.

11 **STRETCH ARMS, DEEP BREATH, HOLD (3X)**

Suck it in, hold for silent count of 5. Repeat 5 times.

12 **ARMS STRETCHED, SWING (20X)**

Arms straight out from sides, swing right and then left while keeping your head looking straight ahead. Repeat.

13 **KICK OPPOSITE HAND (20X)**

With right hand straight out, kick left leg to touch hand. Repeat with left hand. Count to 20.

14 **LONG ARM STRETCH (20X)**

Left arm high over head bending to right with right arm straight down to side. Then stretch to opposite side. Repeat counting to 20.

15 **SIMON SAYS (8 COUNT X 6)**

Fists to chest, (1) put both arms straight out in front & then back counting 1&2; (2) Arms high & back counting 3&4; (3) Arms straight out to sides & back counting 5&6; and (4) Arms straight down & back counting 7&8. Repeat 6 times.

16 **SHORT ARM STRETCH, ALICE'S MOVE (20X)**

Curl right arm up to armpit & back and then Repeat with left arm to armpit & back. Count to 20.

17 **ARCH (10X)**

Form arch with hands over head, bend towards knee, and backup, alternating each side. Count to 10.

18 **ROCK BACK & FORTH ON KNEES (20X)**

Legs apart, rock to right and then left. Count to 20.

19 **RUB BACK OF LEGS (20X)**

20 **BEND OVER, SUCK IN STOMACH (5X)**

21 **TOUCH FLOOR WITH BOTH HANDS (10X)**

Both hands same time. (Same as exercise #2 Bow to Allah)

22 **KICK REAR (20X)**

23 **HULA (10 X EACH WAY)**

24 **LEG KICK- SIDE, FORWARD, BACK (10X)**

Starting with right leg, 10 kicks to side, 10 kicks forward & 10 kicks back. Repeat process with left leg.

25 **KNEE BEND (5X)**

26 **MILK THE COW (10X EACH 2 CYCLES)**

With hands out in front milk the cow 10 times. Repeat with hands over head, then to the side and then behind back. 2 cycles.

27 **STAND ON ONE FOOT, SHAKE HANDS (6X)**

28 **GOLF SWING (10X EACH WAY)**

29 **PICK UP GOLF BALLS (10X)**

30 **CLIMB THE ROPE (20X)**

Looking up and stretching up, start climbing the rope first with your right hand over your head and then your left hand. Count to 20.

31 **TOUCH KNEE TO OPPOSITE ELBOW (20X)**

Hands

32 **SWIMMING (20X FWD, BACK, BREAST STROKES)**

33 **POTATO KICK (2X EA LEG)**

Starting with right leg, start kicking to front working to side while counting to 4, reverse counting 4 down to 1. Repeat with left leg. Repeat process.

34 **ARMS STRETCHED, DEEP BREATH & HOLD (2X)**

Arms straight out from sides, suck in and hold. Silent count to 5. Repeat.

35 **TEEPEE MOVE - 8 COUNT (6X)**

With hands together in a teepee: Count 1 arms to right side, #2 back up, #3 arms to left side, #4 back up, #5 arms down through knees, #6 back up, #7Arms above head, and #8 back down. Repeat 6 times.

36 **STRETCH ARMS, LITTLE CIRCLES (10X EA)**

Make 10 little circles each way starting with both arms out from sides at same time, Then repeat same process with arms out in front, and then repeat process with hands straight over your head. Repeat whole process.

37 **BOXING, DOUBLE JAB, ALTERNATING ARMS (20X)**

38 **SKI POLE (20X)**

Hands together, thumbs up, do ski motion, alternate arms

39 **UFFDA MOVE, LEG STRETCH (6X)**

Spread legs, stretch out 1 leg at a time with other knee bent, count to 10, and alternate legs.

40 **LUCY'S MOVE, SHORT/LONG (20X)**

Fists to chest, first move elbows up & out, pull back, swing arms out to sides, pull back. Repeat 20 times

41 **JUMPING JACKS (3X EA WAY)**

VICTORY SONG

Back on heels, forward on toes, sing the victory song:

"Strawberry Shortcake, Gooseberry Pie

"V-I-C-T-O-R-Y

Will we win it?

Well I guess

Will we win it?

YES,YES,YES!