

Civil Service

# Active Wellbeing Week July 2-6 2018

## FIFA WORLD CUP WORKOUT

<b>NATIONAL ANTHEMS</b> Gentle stretching	<b>GOOOAL!</b> 10 x star jumps	<b>PENALTY</b> 10 seconds sprinting on the spot	<b>OVER ENTHUSIASTIC FAN SIGHTING</b> 10 x sitting twists	<b>SUBSTITUTE COMES ON</b> 3 x squats	<b>RED CARD</b> 5 x press ups
<b>KICK OFF</b> 30 seconds jogging on the spot	<b>CORNER KICK</b> 5 x toe touches	<b>YELLOW CARD</b> 5 x sit ups	<b>V.A.R</b> Hold a squat position until a decision is made	<b>PLAYER CAUGHT DIVING</b> 10 x knee to elbows	<b>INJURY TIME</b> Gentle jog on the spot

Make your move with

