

The background features a vibrant, abstract design with various shapes and patterns. At the top, there are diagonal lines in shades of green and blue, along with a row of teal dots. A large, flowing shape in dark blue, teal, and yellow dominates the upper right. Below this, a green circle is visible. The central text is surrounded by more teal dots and a blue circle on the right. The bottom left corner has a large, colorful shape in yellow, green, and blue, with a teal circle nearby. The bottom right features a row of teal dots and a green circle.

IMPACT
at HOME

ACTIVITY CARDS



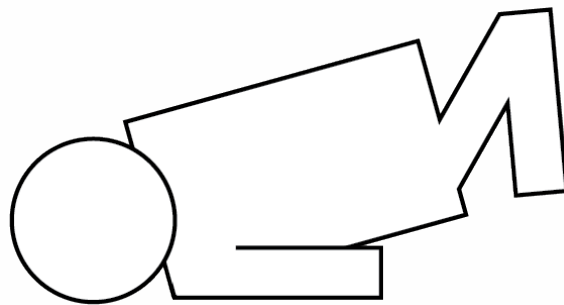
STRENGTH

Leg Raises

STRENGTH

INSTRUCTIONS

1. Lay flat on back with both hands flat and tucked under your bum. Heels, knees, and legs should be touching together.
2. Lift them all the way to ceiling until your bum raises just a few inches off the ground. Press palms into floor for support.
3. Slowly lower legs back down until they're just above the floor. Hold for a moment. Repeat 10 repetitions for 3 sets.





STRENGTH

Superman Row

STRENGTH

INSTRUCTIONS

1. Lay on your stomach and extend arms in front of you and legs straight behind you. Keep your neck aligned with your spine.
2. Lift your arms and legs off the ground, keeping your eyes focused on ground.
3. Pull your arms back and squeeze shoulder blades together while legs remain hovering over the ground.
4. Repeat shoulder squeezes in 3 sets of 10.

Bonus: Pretend you have a pencil laying between your shoulder blades and that's what you're squeezing.

