

- \* Five intervals of 2min to 3min hard exercise ↑ heart rate
- \* Five 30 second rest break
- \* Within 30 to 45 min, the exercise will have direct effects!

## Figure Eights

individual

**This activity will be taking a piece of paper and making a figure eight pattern around your legs.**

1. Find a piece of paper and stand up. (Spiral notebooks work)
2. Grab the paper with your right hand.
3. Now pass the paper around your legs in a figure eight pattern. You will have to grab and release the paper each time around a leg. Try to do this as fast as you can.
4. At some point change directions. Try not to look at the paper.



**Extend this and take one piece of paper in each hand and switch the papers each time around a leg.**