

★ Power Stations ★

1. **Set up your stations.**
2. **Review and pick exercises from menus below.** Use all the Power Stations and Power Station Moves OR as many as you want. Decide on duration or number of repetitions for each Power Station Move.
3. **Complete your moves-** resting in between as needed.
4. **Use the Energy Meter!** Check in. Where are you? Ready to move on with your day? Or do you need more movement to Power UP or Power Down?



Hands on Wall

- **Spider walk-** “crawl” fingers up wall to full overhead stretch
- **Calf stretch-** lean into wall, step 1 foot back and press heel to floor
- **Wall push up-** 2 hands on wall, push away, slowly lower to wall
- **Move the wall-** lean into wall, push as hard as you can
- ◆ **One arm wall push up-** one hand on wall; push away then lower
- ◆ **Plyo wall push ups-** 2 hands on wall; push body away so hands leave wall; land and lower body



Feet on Wall

- **Feet up wall-** lay on back w/ butt and back of legs against wall
- **Frog on wall-** same as above; bend knees and bring bottoms of feet together
- **Wall plank-** feet on wall, hands on floor and hold
- **Bridge-** lay on back, feet on wall, knees bent and raise butt off floor
- ◆ **Nordic curl-** kneel with soles of feet against wall, lower self keeping back straight, hands to floor; push back up
- ◆ **Wall Handstand-** facing away from the wall or towards the wall



Hands and Feet on Floor

- **Downward dog-** face floor; arms and legs straight; butt up
- **Plank-** face floor; arms and legs straight; butt and back flat
- **Mountain climbers-** plank position, arms stay in place; quickly alternate knees to chest
- **Push-ups-** plank position, bend elbows to lower body, push up
- ◆ **Half burpees-** plank position, jump feet forward to hands; jump or stand up; drop to plank
- ◆ **Side plank-** lay on side; 1 hand on floor; arm straight, lift hips off floor



Feet on Floor

- **Toe touches-** bend at waist, touch hands to toes
- **Calf raises-** lift heels, balance on balls of feet, hold, lower slowly
- **Jumping jacks-** hands and feet out, jump and bring in; jump back out
- **Wall sit-** back against wall, pretend to sit in chair (knees and hips 90*)
- ◆ **Squat jumps-** feet shoulder width apart; squat down, jump up
- ◆ **Jumping lunges-** step one foot back and lower knee to tap the floor; jump up and switch your legs in the air



Ladder Grid

- **Run** - face forward; run putting one foot in each square
- **2 foot hops** - face forward; jump over each ladder rung
- **1 foot hops-** Same as above; but use one foot at a time
- **Side steps-** face to one side; run sideways through
- ◆ **Backwards-** face away from ladder; run backwards
- ◆ **Broad jump-** start on two feet and jump as far as you can. See how many squares you can go!

KEY:

- **Beginner**
- **Intermediate**
- ◆ **Challenger**

Equipment:

- 1 set of 2 handprints*, non-skid**
- 2 set of 2 footprints*, non-skid**
- 1 set of handprints and footprints for floor
- 1 ladder grid ***



* or other markers to assist with hand and foot placement ** rubberized or tape to prevent slipping*** can be made from tape or rope

Power Station	Power Move / Strategy	How it changes my energy...			How much I like it...		
		Soothing	Neutral	Alerting	Yuck	Okay	Awesome
Hands on Wall	Spider Walk						
	Calf Stretch						
	Wall Push Up						
	Move the Wall						
	One Arm Wall Push Up						
	Plyo Wall Push Up						
Feet on Wall	Feet Up Wall						
	Frog on Wall						
	Wall Plank						
	Bridge						
	Nordic Curl						
	Wall Handstand						
Hands and Feet on Floor	Downward Dog						
	Plank						
	Mountain Climbers						
	Push Ups						
	Half Burpees						
	Side Plank						
Feet on Floor	Toe Touches						
	Calf Raises						
	Jumping Jacks						
	Wall Sit						
	Squat Jumps						
	Jumping Lunges						
Ladder Grid	Run						
	2 Foot Hops						
	1 Foot Hops						
	Side Steps						
	Backwards						
	Broad Jump						

Feet on Wall



Feet on Floor



Hands on Wall



Hands and Feet on Floor



Hands and Feet on Floor



To Make Ladder Grid

Use painter's tape, rope, or other supplies to create ladder grid

1) Place two 10-15 foot lengths of tape on the ground, approximately 18 inches apart to form rails

2) Place cross pieces of tape at 18 inch intervals along length of 2 rail pieces.