

OLYMPIC MOVEMENT BREAKS

Active Break Every Day Challenge

Make sure to tick each box as you complete the movement breaks.

MONDAY

Week One

Sarah Lavin



Speed Reaction

Week Two

Rhys McClenaghan



Key Gymnastics Moves

Week Three

Kellie Harrington



Box A Round With The Olympic Champ

Week Four

Britney Arendse



Power Building With Books

TUESDAY

Leon Dwyer



Elements Of Breaking

Ellen Walshe



Strong Core Strong Swimmer

Thomas Barr



Wake Up Wind Up

Sarah Lavin



FlexiFit

WEDNESDAY

Dean Clancy



Boxing 101

Lucy Mulhall



Passing Power

Leon Dwyer



Breaking Routine

Shane O'Donoghue



Olympic Stretch & Strength Shuffle

THURSDAY

Nadia Power



Olympic Circuit

Shane O'Donoghue



Hockey Coordination & Core

Harry McNulty



Rugby Relay

Thomas Barr



Run An Olympic Final

FRIDAY

Harry McNulty



Amp It Up!

Nadia Power



Olympic Trivia Run

Ellen Walshe



Swim Strokes Medley

Lucy Mulhall



Explosive Fitness



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