



- Perform exercises for 30 seconds each in rapid succession
- Break for 10 seconds in between each exercise
- Intensity should be about an 8 on a discomfort scale of 1-10
- If something causes discomfort (not in a challenging way), try to modify the exercise (side step instead of jump) or avoid it all together

For other resources, go to: <u>prevea360.com/realgoals</u>
For help to translate or understand this, please call (800) 279-1301. (TTY dial 711)

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