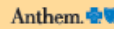




SPARKING MOTION

presented by



INSTANT RECESS BREAK

Your 10-Minute Instant Recess

A Lift Off Inspired by
The WNBA
Created and Produced by
Toni Yancey, MD, MPH
Led by
DeLisha Milton-Jones
of the WNBA Los Angeles Sparks

Choreographed by
Denise Woods & Mona AuYoung
Music by
Ray Glover Productions
Mixed by
Josh Landan, Tyler Willingham
& Zach Brown

Introduction

Do you want to be a Champion for physical activity and healthy eating but not sure what to do or where to start? Well, get up and get ready because it is *Instant Recess™* time!

This *Instant Recess™* CD features a 10-minute physical activity break that can be used at anytime, anywhere to empower you to be a Champion for Change by getting up, moving, and having fun!

If you need a pick-me-up during the day or just want to have some fun while being active, then *Instant Recess™* is for you. All you need is some space to move around and some comfortable clothing. A DVD will be released soon featuring the LA Sparks. Get ready for more, because this is just the beginning and new versions of *Instant Recess™* are under development and on the way!

Thompson Tip Off

- (1) Start in a low squat position, like you're about to sit in a chair (make sure your back is straight and your knees are behind your toes)
- (2) Now stand back up
- (3) Repeat the squat
- (4) Now when you stand up, raise your right arm straight up towards the ceiling, while flicking your right wrist to "tip the ball"
- (5) Repeat these movements, switching hands each time



Quinn Quick Dribble

- (1) Start in a squat position with your feet shoulder-width apart
- (2) Pretend to dribble the ball 3 times with the right-left-right hand(s) to the beat while rocking side-to-side
- (3) After the third dribble, your hands will be out to the right, so kick your left foot behind you into a hamstring curl
- (4) Alternate by dribbling 3 times left-right-left; this time kick your right foot into a hamstring curl
- (5) Repeat on alternating sides



Lindsay Look, Fake, and Pass

- (1) Start in a squatting position, pump fake with your hands
- (2) Then pass to the side (right), while taking a small step out to the right
- (3) Bring your feet back together, pump fake in the middle, then pass to the left while stepping to the left
- (4) Repeat on alternating sides, making sure you keep your back straight and knees behind your toes while you squat



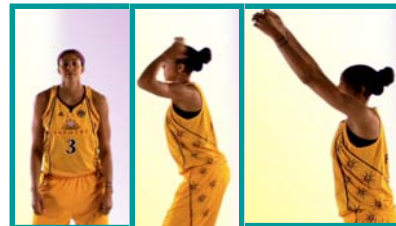
Milton-Jones Jumper

- (1) Take 2 side-steps to the right
- (2) Take 2 side-steps to the left
- (3) Now add the jumpshot each time you stop
- (4) Take 2 side-steps to the right, shoot a jumper
- (5) Take 2 side-steps to the left, shoot a jumper
- (6) Keep your butt low, back straight, and knees behind your toes



Ferdinand-Harris Fake Out

- (1) Keep your knees slightly bent, pretend you're holding the ball, and keep your elbows out to the side
- (2) Step back with your right foot, twist your shoulders to the right
- (3) Step back with your left foot, twisting your shoulders to the left
- (4) Keep alternating sides, remembering to keep your abs tight and back straight.



Parker Power Jam

- (1) Step to the side, then bring your feet together
- (2) Step to the other side, then bring your feet together
- (3) Repeat, but as you bring your feet together, bring your arms back over your head so your elbows point forward
- (4) Stretch back slightly, then quickly bring your arms forward in a dunking motion while contracting your abs
- (5) Repeat this complete movement, alternating sides

Kristi Crisp Pass

- (1) Take 2 side-steps to the right
- (2) Take 2 side-steps to the left
- (3) While you're stepping to the sides, pretend you're holding a basketball in front of your chest, keeping your elbows out
- (4) Now each time you step to the side, push your hands forward as if you're passing the ball



Shannon Shuffle

- (1) Bend your knees to get into a squat position
- (2) Now you'll start side-stepping to the beat; move to the right 3 times and then move to the left 3 times
- (3) While you're stepping, keep your arms out to the sides like you're playing some defense
- (4) Make sure you keep your back straight and knees behind your toes

Betty Blind Pass

- (1) Lift your right knee up towards your left shoulder, then put it down
- (2) Lift your left knee up towards your right shoulder, then put it down
- (3) Repeat this movement, but while you lift your right knee to the left, stick both arms out to the right, but keep facing to the left
- (4) Now switch sides, lifting your left knee to the right, stick both arms out to the left, but keep facing the right
- (5) Repeat on alternating sides



Hayden Sky Hook

- (1) Lift your left knee up towards the ceiling and bring it back down
- (2) Now when you lift your left knee, raise your right arm to the ceiling – reach high!
- (3) Lower your left knee and right arm together
- (4) Repeat on this side five times, then switch sides

GET INVOLVED!
For more information about SPARKing Motion:
www.wnba.com/sparks/sparkingmotion
or call 310-794-9284

