

Sense of the Resurrection Extra Exercises

	Exercise	Explanation
Day 1	Forward Arm Circles	As if you're waving away the scent of the perfume.
Day 2	March with Jumps	Jump as you say "Hosanna!". March as you say, "Blessed is He who comes in the name of the Lord."
Day 3	Standing Single Leg Lifts	Lifting 1 foot at a time. Can be quick for stretching, or slow as a balance challenge. Presenting your feet to be washed.
Day 4	Plank/Hover	Body makes the table for serving the Last Supper.
Day 5	Stand to Kneel "Surrenders"	Kneel in surrender to royalty. Arms out as if putting on a robe. (Switch lead legs halfway).
Day 6	Chicken Waddle	Squat and walk like a chicken with arms flapping to remember the rooster crowing.
Day 7	Cross Burpees	Crouch, Plank, Crouch, Stand with arms open wide. "Jesus. Died. On. A Cross"
Day 8	Squat Jumps	Crouch to soak sponge in vinegar. Jump as if to get it to Jesus' mouth. (*For safety, please don't jump with a sponge on a stick).
Day 9	Fast Feet	Stomping like an earthquake
Day 10	Run with Quick Stops	Run down the hall, and then stop quickly because the giant stone is blocking the way out.
Day 11	Air Jacks	Jumping Jack in the air to celebrate the excitement of seeing an empty tomb and an angel.
Day 12	Bow Pose (with Fish Lips for fun!)	Lying on belly, bend knees, grab ankles, and make your best fish lips!