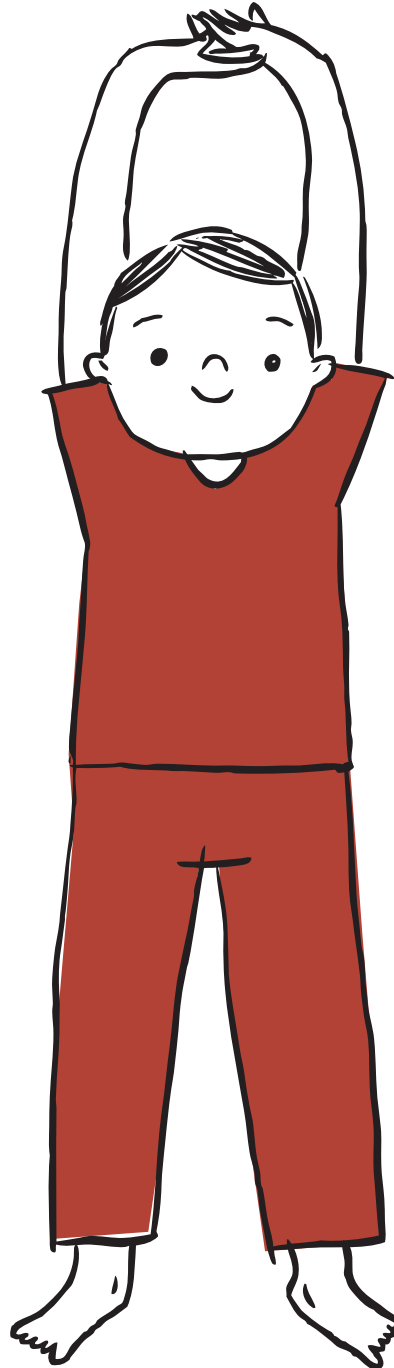


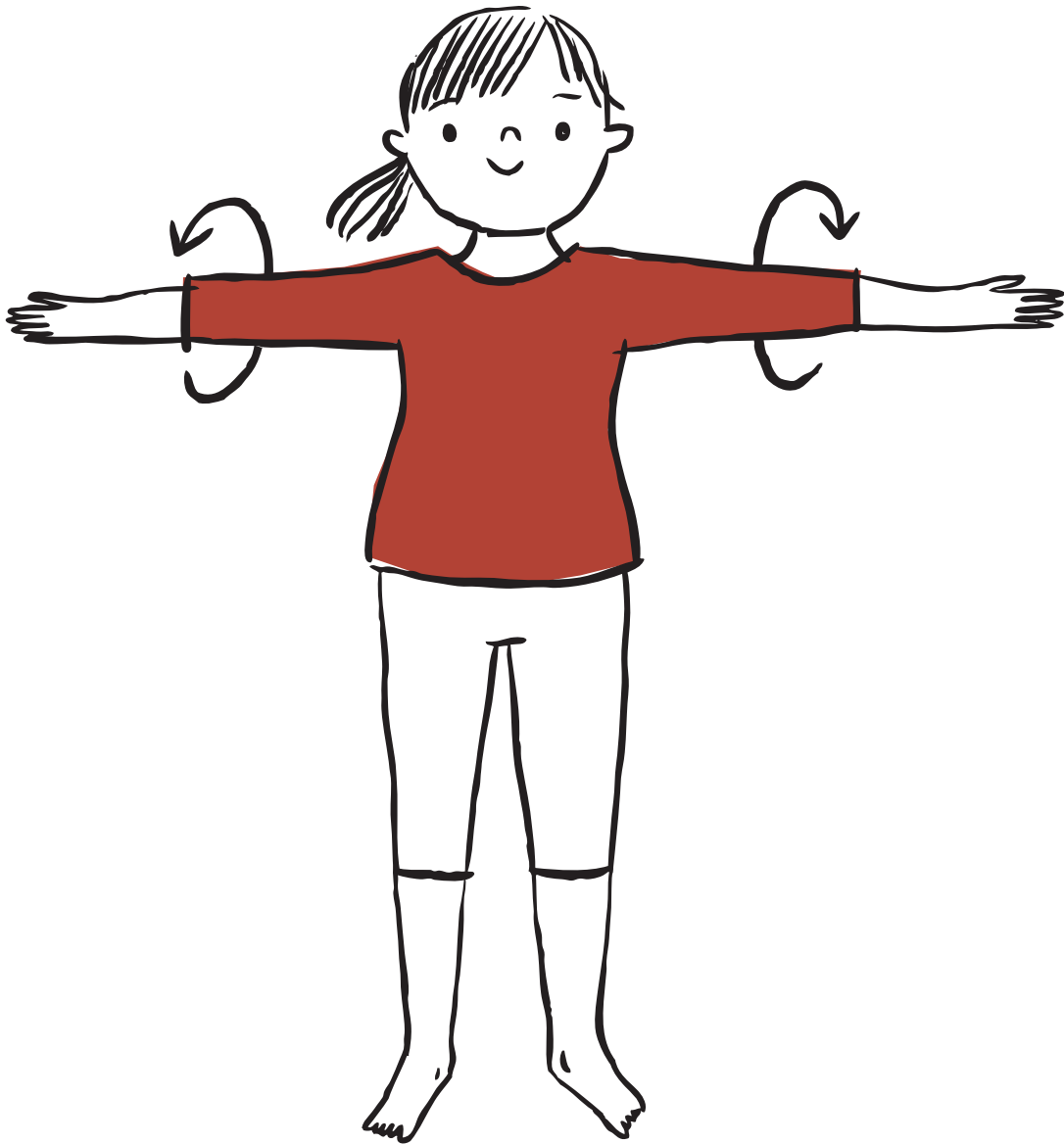
MOVE

OVERHEAD STRETCH



(5 deep breaths)

ARM CIRCLES



(20 total)

HIGH KNEES



(20 seconds)

TRICEPS STRETCH



(10 seconds each side)

BUTTERFLY STRETCHES



(5 deep breaths)

JUMP ROPE



(15 seconds)

JUMPING JACKS



(10 total)

MARCH IN A BAND



(20 seconds)