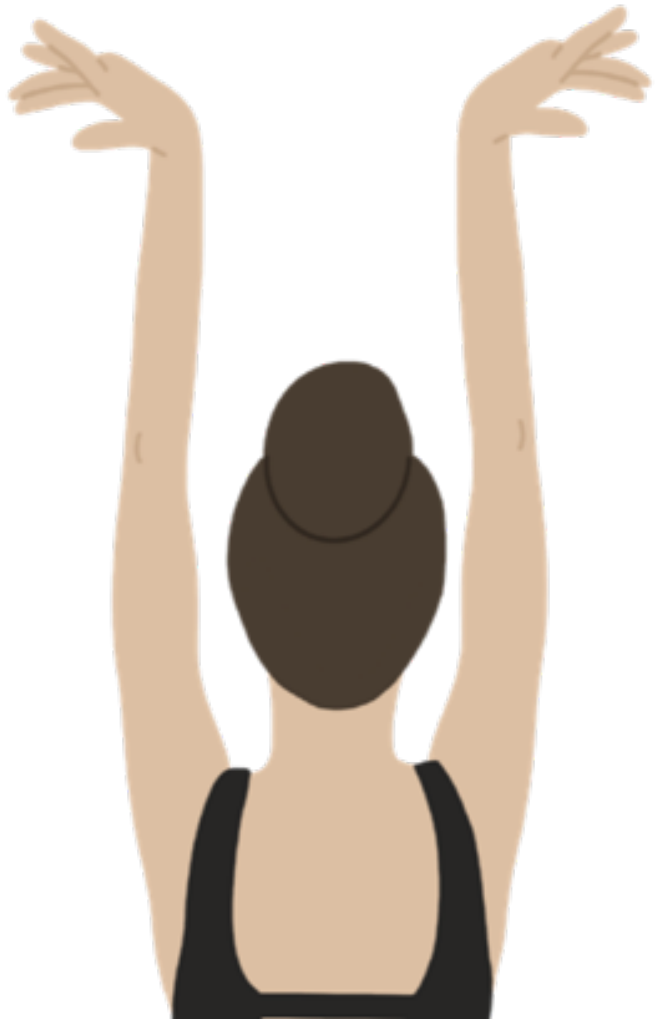

WARM UP

MOVEMENTS



ROLL

neck, wrists,
eyes or feet



STRETCH

face, legs
or fingers

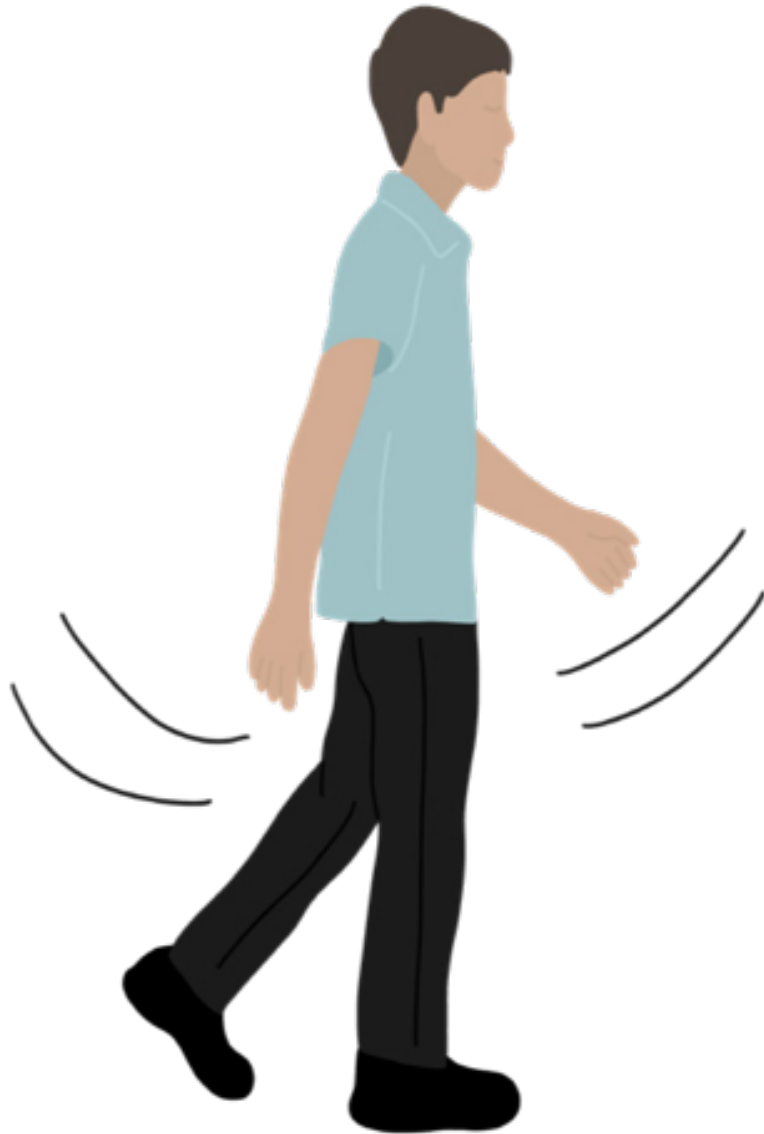


BEND

elbows, torso,
legs or toes



MARCH
hands, head
or feet



SWING

arms, torso,
finger or leg



JUMP
with your eyes,
arms or legs



SPIN

finger, foot,
arm or body



JAZZ HANDS

freestyle or bow