

Warm up notes

Long Muscle Stretch

- Feet below the pelvis, pointing straight ahead
- Glass of water on head
- Open windows in hips and shoulders
- Shoulders up by ears, deep breath in and release and sigh
- Repeat and make sighing sound with release
- Repeat with sighing sound and small bounces releasing knees, hips and ankles
- Marionette, stretching arm up through wrist, elbow and fingers and hang head to the opposite side

- Marionette and stretch arm in front “stop sign” with hand , pull down rotate around “c’mom everybody”
- Ninja point
- Crawl arms to the back – open arms and silent scream
- Unroll arms and dive down to the floor bend and stretch knees then unroll up starting from lower spine and moving up to head as the last “bone”

Joint Mobility

- Bounce 4 times in original position (feet below the pelvis)
- Bounce 4 times on 2nd position which is feet far apart and toes pointing out
- Reduce both sides by two bounce and then one in each position

Cardio

- End in 2nd position and throw ball over head
- Scoop under with other arm, then point across with original arm
- Repeat 4 times
- Look over your shoulder "whose there?"
- Come back to original feet position and stretch up and touch the floor
- Repeat 4 times