I can do high knees



1 2 3 4 5 6 7 8 9 10

I can do butt kickers



1 2 3 4 5 6 7 8 9 10

I can do front kickers



1 2 3 4 5 6 7 8 9 10

I can do tip toes



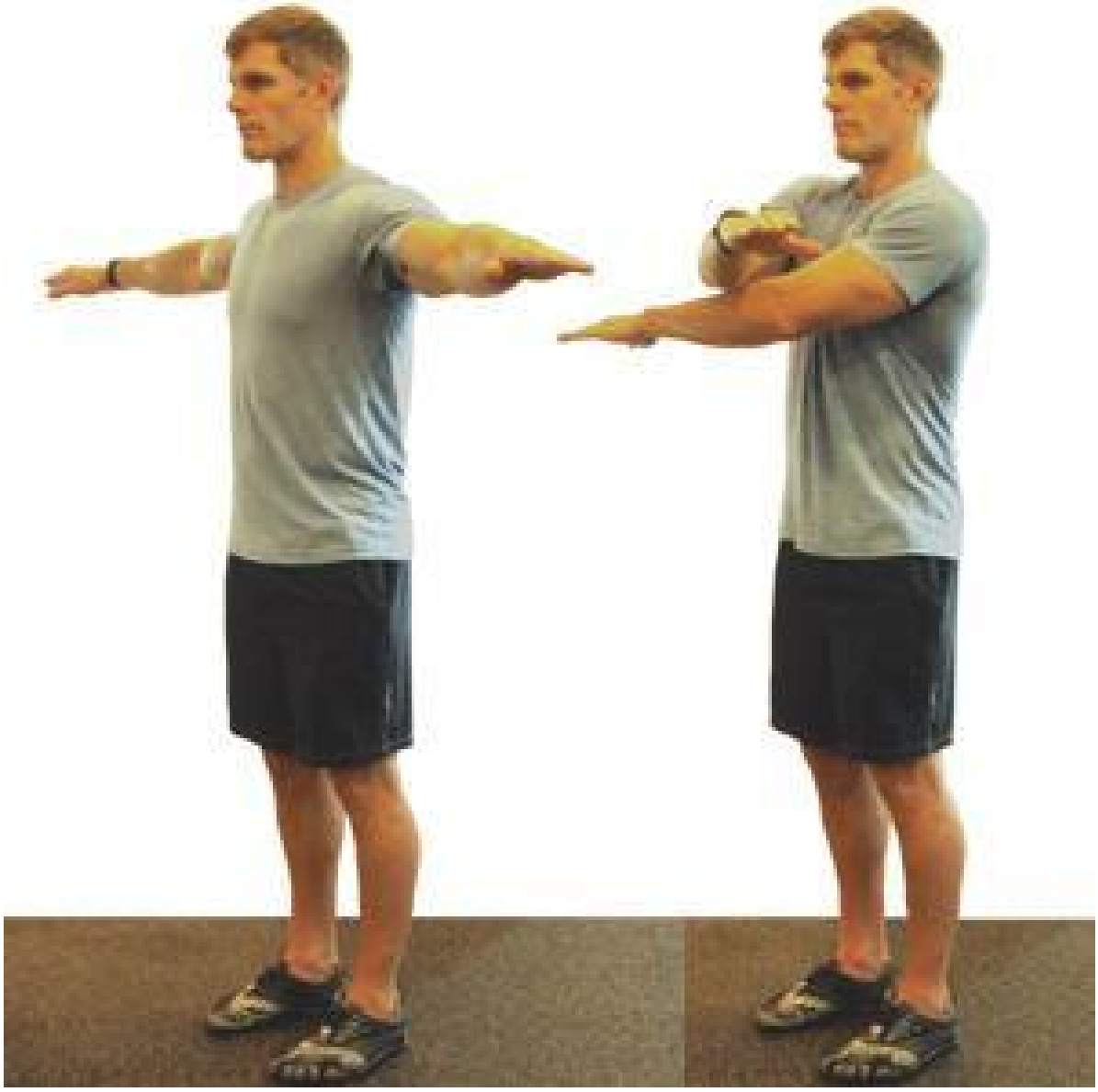
1 2 3 4 5 6 7 8 9 10

I can do swimming



1 2 3 4 5 6 7 8 9 10

I can do big hugs



1 2 3 4 5 6 7 8 9 10

I can jump



1 2 3 4 5 6 7 8 9 10

I can do hurdler stretch



1 2 3 4 5 6 7 8 9 10

I can do hurdler stretch



1 2 3 4 5 6 7 8 9 10

I can do butterfly stretch



1 2 3 4 5 6 7 8 9 10

I can flap my butterfly wings



1 2 3 4 5 6 7 8 9 10

I can stretch my hamstring



1 2 3 4 5 6 7 8 9 10

I can clap my feet



1 2 3 4 5 6 7 8 9 10

I can stretch my glutes



1 2 3 4 5 6 7 8 9 10

I can stretch my glutes



1 2 3 4 5 6 7 8 9 10

I can stretch my shoulder



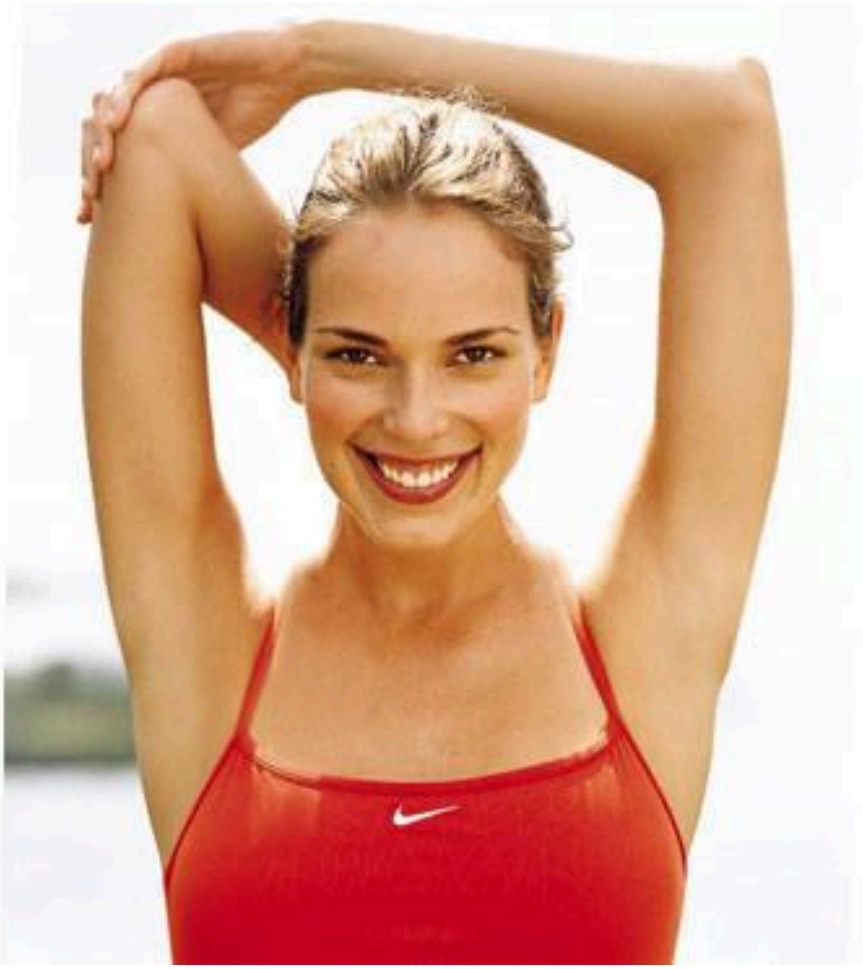
1 2 3 4 5 6 7 8 9 10

I can stretch my shoulder



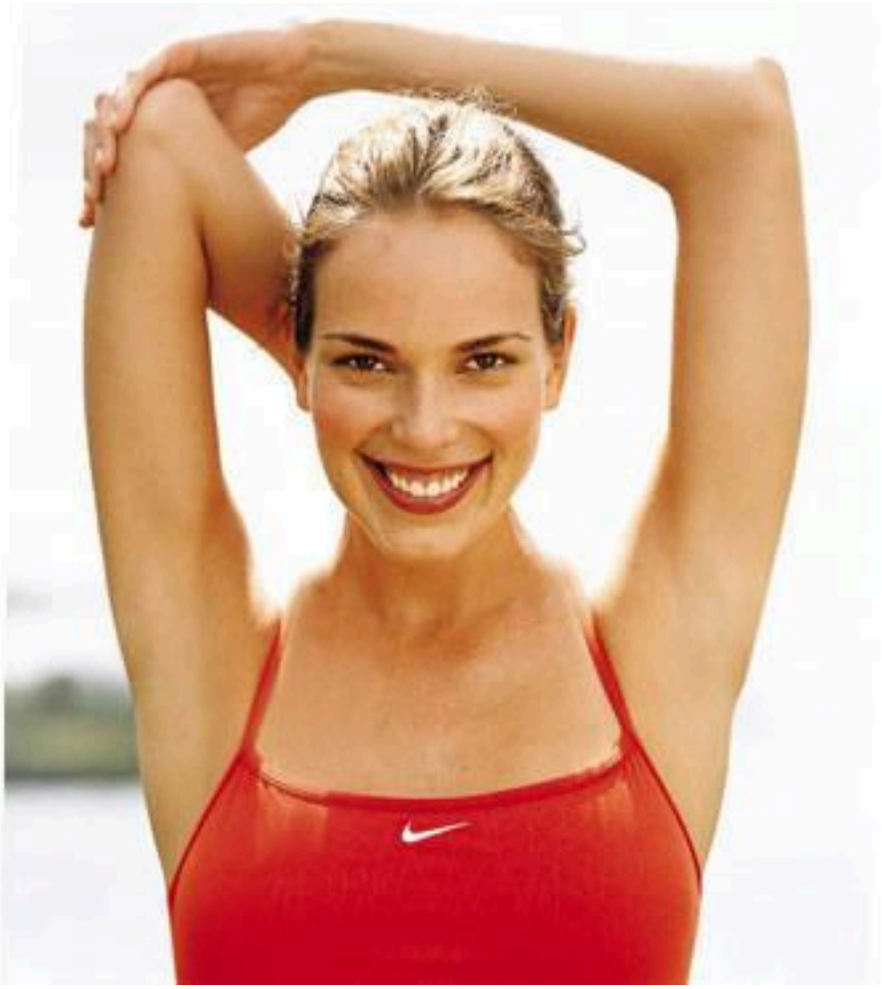
1 2 3 4 5 6 7 8 9 10

I can do back pats



1 2 3 4 5 6 7 8 9 10

I can do back pats



1 2 3 4 5 6 7 8 9 10

I can hug and
shake my body



1 2 3 4 5 6 7 8 9 10



VISUAL WARM UP ROUTINE