



## Marching on the spot

### Instructions

1. Find a spot on the floor
2. With your knees and elbows bent 90 degrees start to march on the spot
3. Maintain this for 60 seconds



## Arm circles (optional)

### Instructions

1. Stretch your arms out as shown in the picture
2. Draw little circles in the air
3. Gradually increase the size of the circles
4. Draw a minimum of 10 circles

# Warm up