

HIGH KNEES

- 1 Stand with feet shoulder-width apart. Quickly raise one knee to hip-height.
- 2 Lower knee. Quickly raise other knee to hip-height.
- 3 Continue steps moving forward.



WALKING TOE TOUCHES

- 1 Step forward with one foot.
- 2 Shift weight to back foot. Bend down, touch toe with opposite hand.
- 3 Stand up. Walk forward. Repeat with opposite foot.



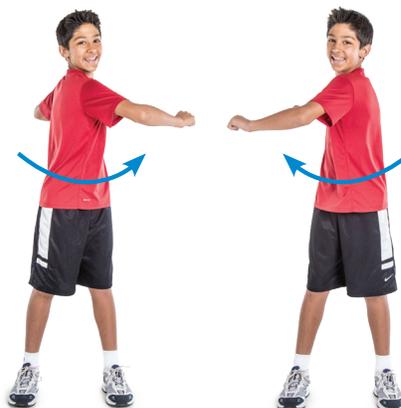
HEEL-UPS

- 1 Perform a slow jog.
- 2 Lean upper body slightly forward. Thighs perpendicular to floor.
- 4 Focus on touching heels to glutes on every step.



BODY TWIST

- 1 Stand with feet shoulder-width apart, toes pointed forward.
- 2 Bend elbows. Raise arms to shoulder-height.
- 3 Keep hips square. Rotate upper body from side-to-side while looking forward.



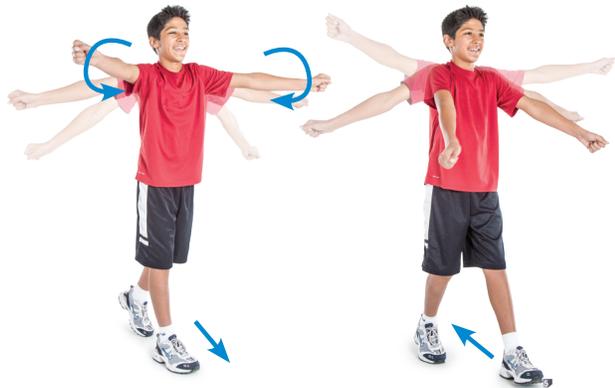
SIDE SHUFFLE

- 1 Stand with feet shoulder-width apart. Knees bent slightly. Arms flexed in front of body.
- 2 Extend one leg to side. Keep weight on toes.
- 3 Quickly follow with other leg in same direction.



WALKING ARM CIRCLES

- 1 Stand with feet shoulder-width apart. Raise arms to shoulder-height at sides.
- 2 Slowly walk forward making small circles with arms.
- 3 Repeat walking backwards rotating arms in opposite direction.



JOGGING

- 1 Stand with feet shoulder-width apart, one foot in front of the other. Arms flexed in front of body.
- 2 Slowly jog forward. Move the opposite arm to leg.



BACK PEDAL

- 1 Stand with feet shoulder-width apart. Arms flexed.
- 2 Slowly jog backwards. Gain speed when comfortable.

