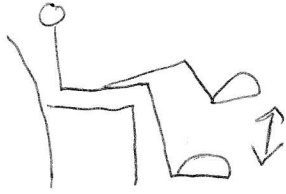


# COME MOVE WITH ME / WARM-UP EXERCISES

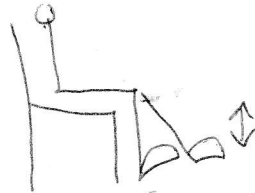
Moose ( high, slow steps)



Leaping Deer (arms)



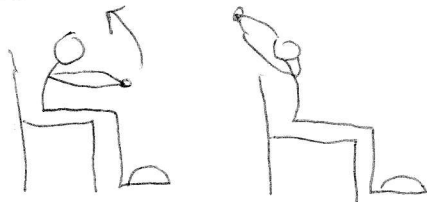
Running Fox (rapid)



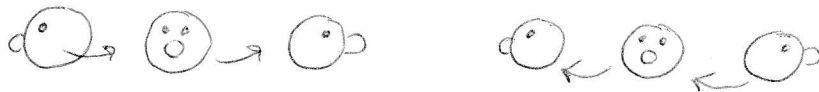
Cat



Elephant



Meer Cat



Gorilla

