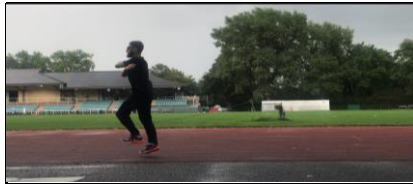




Description: 1) arms relaxed going forward and backward as if running 2)keep it bouncy

Reps:	30m each way
Sets:	1
Tempo:	~30%



Description: 1) arms cross over the body 2)alternate arms going under and over 3)keep it bouncy

Reps:	30m each way
Sets:	1
Tempo:	~30%



Description: 1) arm circles, keeping your arms close to your ears 2)circle forward when going forward 3)circle backwards when going backwards 4)keep it bouncy

Reps:	30m each way
Sets:	1
Tempo:	~30%



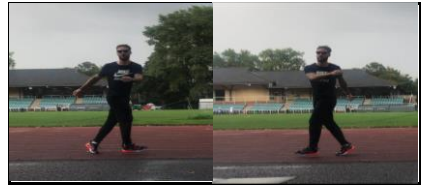
Description: 1)start with both feet facing forward 2)cross one leg over by twisting your hips 3)return to start position 4)keep it bouncy

Reps:	30m each way
Sets:	1
Duration:	~30%



Description: 1)start with both feet facing forward 2)cross one leg behind by twisting your hips 3)return to start position 4)keep it bouncy

Reps:	30m each way
Sets:	1
Tempo:	~30%



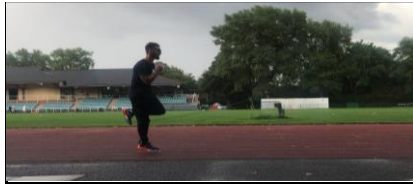
Description: 1)cross over one leg in front of your body 2)return to starting position 3) cross the same leg behind your body 4)twist your hips 5)keep it bouncy

Reps:	30m each way
Sets:	1
Tempo:	~30%



Description: 1)cross over one leg in front of your body into a high knee 2)return to starting position 3) cross the same leg behind your body 4)twist your hips 5)keep it bouncy

Reps:	30m each way
Sets:	1
Duration:	~30%



Description: 1)backwards skip 2)pick up your heels towards your bum 3)keep it bouncy

Reps:	30m each way
Sets:	1
Tempo:	~30%



Description: 1)30-50% running stride

Reps:	30m each way
Sets:	1
Tempo:	~30%