

GIVE THANKS WARM-UP

GRAPEVINE 1 LAP

INCH WORM LENGTH OF GYM AND JOG 4 LAP

V-SIT 20 COUNT

ENCOURAGE - TELL 2 PEOPLE THEY ARE DOING A GOOD JOB

TOUCH TOES (BEND TOUCH) AND COUNT TO 30 SLOWLY

HIGH 5 FIVE DIFFERENT PEOPLE

ARM CIRCLES - 30 FORWARD AND 30 BACKWARDS

NECK ROLLS - 10 CIRCLES

KNEE TUCKS - 20

SKIP 1 LAP AND SELECT TWO LETTERS TO DO AGAIN