



floss



jazz hands



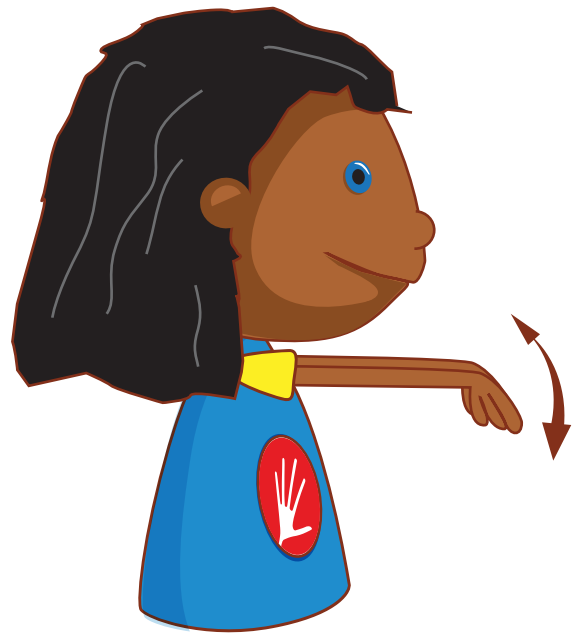
funky chicken



high reach



shoulder shrug



wrist wrencher



spot walking



side benders



bunny hop



weight lifts



star jumps



trunk twist



banana banana



knee pull



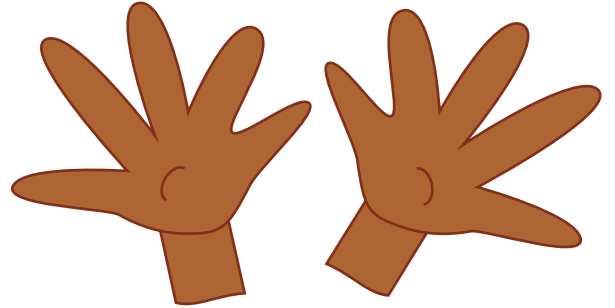
punch bag



toe lift & point



side step



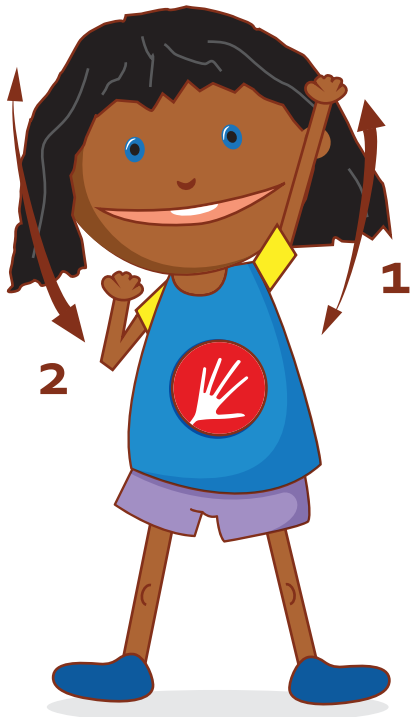
finger span



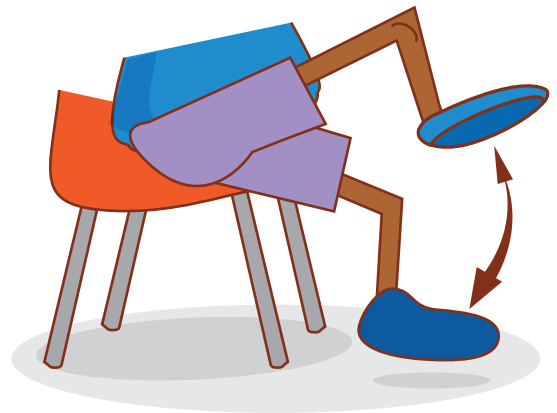
knees up



heel touch



sky punch



slo-mo march



meatballs



press and pull