## WARM-UP/COOL-DOWN CARD

**Toe-Heel Rocking** 

**Partial Squats** 

**Butt Kicks** 

**Trunk Bends** 

**Neck Bends** 

**Run in Place** 

**Punch to the Front** 

Punch to the Sky

**Arm Circles** 

\*Stretch Card

(10 Seconds)

\*Exercise Cards