



# Get in the Groove! - Warm Up



Drawing can be a fun way to learn! It can help you further understand the various warm up exercises you are learning. Draw or sketch one of the following warm up exercises:

1. Roll down and touch your toes
2. Stretching your arms
3. Roll our shoulders out
4. Flail Arms
5. Roll your neck shoulder to shoulder; up and down; side to side
6. Quad Stretch
7. Front Leg Stretch