



Joyful Warm-up Workout with Darlene

Music: Joyful 2:23

Seven "Moovs"

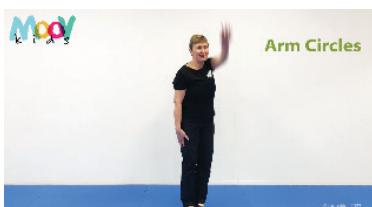
1 Marching

Stand in place and march.



2 Jumping Jacks

Arms and legs out.
Arms and legs in.
10 times



3 Arm Circles

Circle forwards and backwards a few times with each arm.



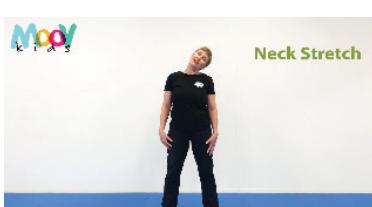
4 Shake a Foot

Practice balance.
Stand on one foot and shake the other foot.
Change feet and repeat.



5 Shoulder Shrug

Stand with feet apart.
Lift up shoulders then drop them.



6 Neck Stretch

Stand with feet apart.
Tip head to one side and hold.
Tip head to the other side and hold.



7 Body Shake

Shake the whole body to end the warm up.