



## Joyful Warm-up Workout with Darlene

Music: *Joyful* 2:23

Seven "Moovs"



### 1 Marching

Stand in place and march.

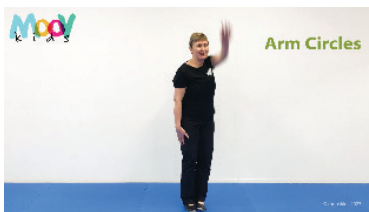


### 2 Jumping Jacks

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.