

MTLRSW1.mp4

[00:00:00] We're going to push up, lifting our bottom off the chair. Nice strong arms. And two, and three, and four and five. Then we're going to stand up.

[00:00:22] Stretch to the ceiling. See if you can reach right up high and then we're going to lean to one side. Good, up to the ceiling again. And then to the other side. Good, Up to the ceiling again. Then we're crouching down touch the floor and up that's one and up is two and three and four. Last one five. Nice big arm circles now.

[00:01:06] Get all the way round all the way round and then we're going to go the other way.

[00:01:17] And then one last stretch up to the ceiling and relax.