

## **MTLRSW2.mp4**

[00:00:01] So we're stretching up to the ceiling.

[00:00:05] Make yourself as long as you can. That's it. Good good good. And then we'll go... that's it look.

[00:00:13] Then we are going to push our hands together squeeze and relax and then do it again two, and three, and four, last one five and relax.

[00:00:37] Now we're going to see how good we are at balancing ready? One, two, three, four, five, six, seven, eight, nine, ten. The challenge now is, other foot. One, two, three, four, five, six, seven, eight, nine, ten.

[00:01:09] And then we're going to march on the spot. Big high knees, okay? Ready? Go. One, two, three, four, five, six, seven, eight, nine, ten, eleven, twelve, thirteenth, fourteen, fifteen, sixteen, seventeen, eighteen, nineteen, twenty. Then a nice big deep breath. Stretch up to the ceiling.

[00:01:34] And relax.