

## **MTLR5W5.mp4**

[00:00:00] Right. So starting off with our stretch up to the ceiling and down and we're going to jump on the spot ready for ten. One, two, three, four, five, six, seven, eight, nine, ten. Then we are going one, two, three, four, five, six, seven, eight, nine, ten. Now. Sit stand one up two, up three, up four, five, six, seven, eight, nine, ten.

[00:00:47] And now we're going to do marching on the spot but fast.

[00:00:51] Big high knees.

[00:01:02] And stop. Finish Up with a big stretch. And relax.