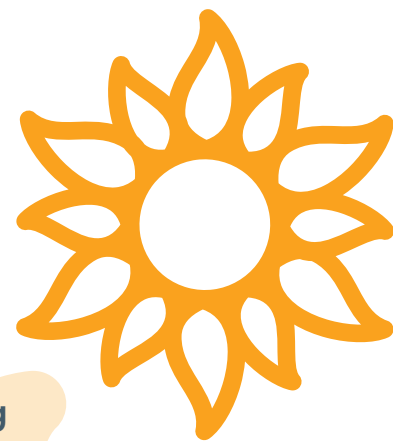


# MORNING MOVEMENT



## Instructions:

Click the movements below to watch short, energizing videos that improve concentration and help you start the day.

Air  
Drumming

Y's, T's,  
W's

Air  
Jump Rope

Squat  
Jumps

Air  
Punches

Skiers

Bound

Side  
Bends

Butt  
Kickers

Shoulder  
Stretch

Calf  
Raises

Seal  
Jacks

Cross Body  
Shoulder  
Stretch

Running  
Arms

Flamingo  
Stretch

Knee  
Hugs

Heel  
Scoops

Jumping  
Jacks

High  
Knees

Toe  
Walks



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