

Lobster

Squat with toes and knees pointing towards the wall. Place arms and hands in position as shown. Pretend fingers are pinchers and make funny faces at your friends. Swing arms down and cross, while squatting up and down at the same time to warm up the muscles. Hold the position for 8 seconds when you feel slightly out of breath.



Mountain

Stand straight with feet planted firmly on the floor. Feel should be slightly apart (about 2 fists in between). This is the position to return to when you wish to restart the group. Arms should be comfortable at sides, face relaxed, shoulders back and down.



Windmill

Start from standing position with arms extended at sides, cross over body and go as close to a toe touch as comfortable. Come back up and cross do other side. Repeat 8 times.



Waterfall

From Mountain position lean slightly back with arms and fingers pointing behind you as shown. Hold about 4-8 seconds as you feel comfortable. Return to Mountain.

