

# TECHNO WARM DOWN



Gently shake your arms and legs.

Squat down slightly, 8 7 6 5 4 3 2 1

Now squat down a little lower, 8 7 6 5 4 3 2 1

Gently shake your arms and legs.

Step your right foot back, 8 7 6 5 4 3 2 1

Now step your left foot back, 8 7 6 5 4 3 2 1

Gently shake your arms and legs.

Stretch your arms out to the side, 8 7 6 5 4 3 2 1

Now stretch your arms up high, 8 7 6 5 4 3 2 1

Gently shake your arms and legs.

Roll your shoulders forward, 8 7 6 5 4 3 2 1

Now roll your shoulders backwards, 8 7 6 5 4 3 2 1

Gently shake your arms and legs.

Take a big breath in, 8 7 6 5 4 3 2 1

Slowly let it out, 8 7 6 5 4 3 2 1

Thumbs up,  
SMILE !

Hey well done!

