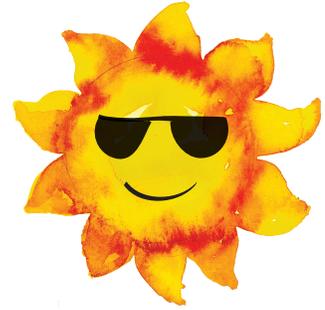
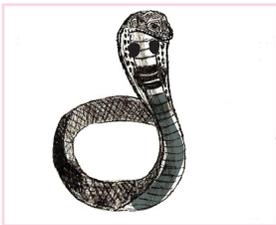


# Warm up 2



Practice these warm ups daily.  
Use one hand at a time at first, then both hands together. Make your motions large and slow, and really stretch. Do each warm up 4-6 times.

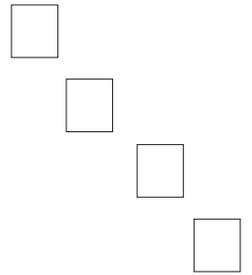
(Check off one box every day after you do the warm up)



(fingers)

## Spitting Cobra

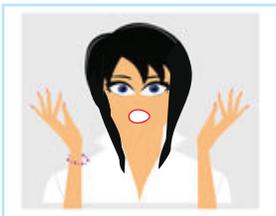
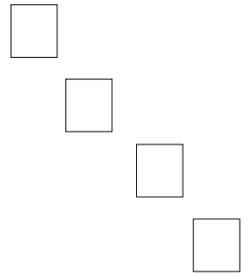
Make a fist, then move all your fingers forward away from your palm. Keep your elbow still.



(wrist)

## Knock On the Door

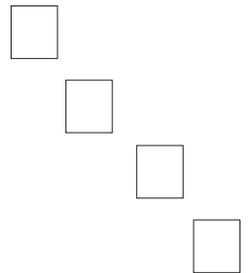
Close your hand into a fist and pretend you are knocking on a door. Keep your elbow still.



(wrist)

## Oh, My!

Throw your hands up in surprise! Pull your fingers backwards to really stretch your wrist. Keep your elbow still.



(arms)

## Fireworks

Move your arms and closed hands up to the sky. Open your hands wide to make your fireworks explode.

