

|                                        |                                  |                                                                                                         |                           |                                                           |
|----------------------------------------|----------------------------------|---------------------------------------------------------------------------------------------------------|---------------------------|-----------------------------------------------------------|
| <b>B</b>                               | <b>I</b>                         | <b>N</b>                                                                                                | <b>G</b>                  | <b>O</b>                                                  |
| Were<br>your eyes<br>open?             | Arms by<br>your<br>ears          | I sound like a<br>broken record<br>player--wait you<br>don't even know<br>what a record<br>player is... | Squeeze<br>your<br>cheeks | Pretend you<br>have<br>flashlights in<br>your arm<br>pits |
| Finish!                                | We LOVE<br>conditioning!!        | Reach<br>over the<br>giraffe                                                                            | Chin up                   | Tight!                                                    |
| What did<br>you feel<br>on that?       | Did you<br>see your<br>foot hit? | Make<br>some<br>wrinkles                                                                                | Point<br>your<br>toes     | Tight<br>arms                                             |
| Pretend a<br>bear is<br>chasing<br>you | Smile!                           | Keep a<br>straight<br>line.                                                                             | Punch<br>or<br>Jump?      | Do you<br>need to<br>tinkle?                              |
| Stick!                                 | Get your<br>hips<br>square.      | Where<br>were you<br>looking?                                                                           | Hollow<br>hollow!         | Look at<br>the end of<br>the beam.                        |

|                               |                                                                                          |                              |                                               |                        |
|-------------------------------|------------------------------------------------------------------------------------------|------------------------------|-----------------------------------------------|------------------------|
| <b>B</b>                      | <b>I</b>                                                                                 | <b>N</b>                     | <b>G</b>                                      | <b>O</b>               |
| What did you feel on that?    | Did you see your foot hit?                                                               | Tight!                       | Chin up                                       | Do you need to tinkle? |
| Hollow hollow!                | Tight arms                                                                               | Make some wrinkles           | Pretend you have flashlights in your arm pits | Smile!                 |
| Finish!                       | I sound like a broken record player--wait you don't even know what a record player is... | Reach over the giraffe       | Punch or Jump?                                | Were your eyes open?   |
| Pretend a bear is chasing you | Get your hips square.                                                                    | We LOVE conditioning!!       | Keep a straight line.                         | Squeeze your cheeks    |
| Stick!                        | Where were you looking?                                                                  | Look at the end of the beam. | Arms by your ears                             | Point your toes        |

|                               |                              |                         |                                                                                          |                                               |
|-------------------------------|------------------------------|-------------------------|------------------------------------------------------------------------------------------|-----------------------------------------------|
| <b>B</b>                      | <b>I</b>                     | <b>N</b>                | <b>G</b>                                                                                 | <b>O</b>                                      |
| Tight arms                    | Punch or Jump?               | Get your hips square.   | Hollow hollow!                                                                           | Keep a straight line.                         |
| Do you need to tinkle?        | Look at the end of the beam. | Finish!                 | Make some wrinkles                                                                       | Were your eyes open?                          |
| Pretend a bear is chasing you | Stick!                       | Reach over the giraffe  | Did you see your foot hit?                                                               | We LOVE conditioning!!                        |
| What did you feel on that?    | Smile!                       | Where were you looking? | Chin up                                                                                  | Arms by your ears                             |
| Point your toes               | Tight!                       | Squeeze your cheeks     | I sound like a broken record player--wait you don't even know what a record player is... | Pretend you have flashlights in your arm pits |