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Walk in place.

Get your arms moving.

Step to the left and clap and back to the center and then the right side.

March in place.

Walk forward 2 steps and clap.

Walk backwards two steps and clap.

Now put it all together.

March in place.

Now we're going to put some punches in.

Keep walking.

Now we will do some jumping jacks.

Walk it out.

You're almost done.... Keep walking.

Shake your hands out... keep walking.

Good Job.