

quick warmup

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10 hops on the spot



10 side-to-side hops



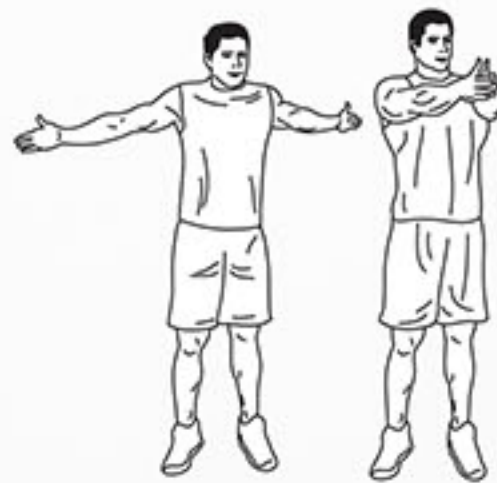
10 single leg hops



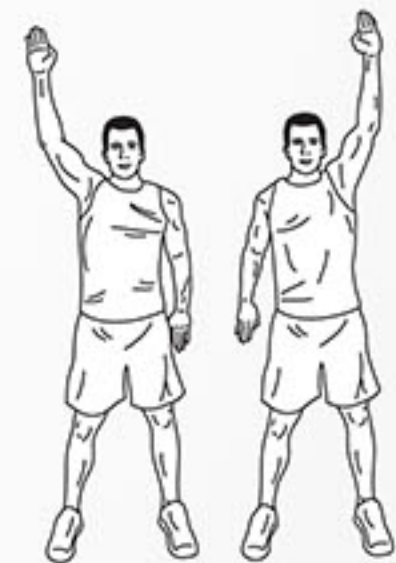
6 hip rotations



6 torso rotations



6 chest expansions



6 alt chest expansions



6 shoulder rotations



4 neck rotations



4 neck tilts