

## Movement Routines

1. High knees with alternating elbow pull downs across the body (x10)
  2. Big arm circle with shoulder shrugs (x3)
  3. Wrist roll + Finger Stretch (x3)
  4. Neck bends ear to shoulder (x3)
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1. Hand on hip, reach overhead w/ side bend (x10)
  2. Look side, chin tuck, look side (x3)
  3. Standing chest stretch (grasp hands behind back and straighten arms) (3 long breaths)
  4. "Polish your halo" (arms clasped above head)
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1. High knees march or jumping jacks (x10)
  2. Standing side bends with arms to sky (x3) + deep breaths
  3. Elongate your spine (hands on chair) (3 long breaths)
  4. Sitting figure-4 hip openers (3 long breaths each side)

