

Sports Warm Up



Pretend to Shoot a BASKETBALL

0:16



Run in place like a CROSS COUNTRY runner

0:16



Pretend you're
kicking a SOCCER ball

0:16



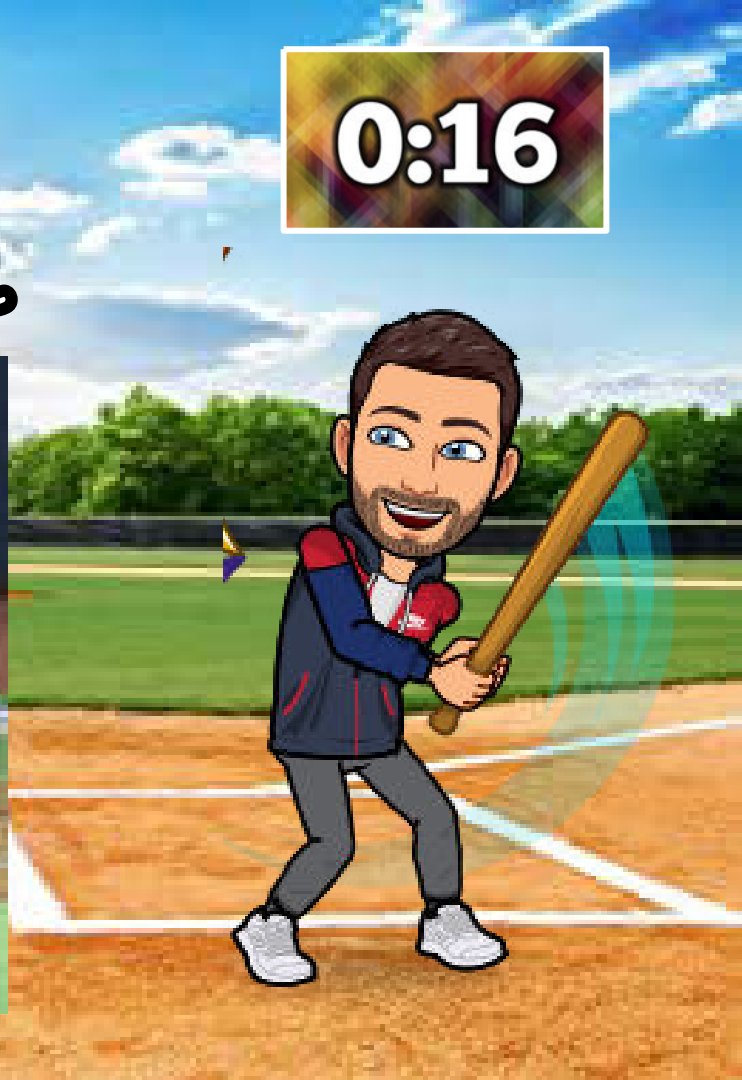
Pretend you're a BODY
BUILDER and do pushups

0:16



Pretend you're batting in BASEBALL

0:16



Stretch like you are getting
ready for GYMNASTICS

0:16



Pretend you're
swinging a **TENNIS** racket

0:16



Pretend to bump a VOLLEYBALL

0:16



Pretend you're CLIMBING
a mountain

0:16



Pretend you're BOWLING

0:16



Pretend you're catching a FOOTBALL

0:16



Pretend you're pitching
a BASEBALL overhand

0:16



Pretend you're running and jumping hurdles in TRACK

0:16



Pretend you're SWIMMING

0:16



Pretend you're throwing
a FOOTBALL overhand

0:16



Pretend you're smashing a BADMINTON shot overhand

0:16



Pretend you're swinging a GOLF club

0:16



Balance like you're
on a BALANCE BEAM

0:16

