

## Cecily's Workout

1. Jogging on the spot (20 secs)
2. Floor reach up to the stars (10x)
3. Rainbows (10x)
4. Star jumps (10x)
5. Mountain climbers (10x)
6. Sit ups (10x)
7. Jogging on the spot (20 secs)

*Song = I like to move it move it*