

FANTASTIC 4

When I call “ONE” I want you to ... On “TWO” you should ... etc.

Jump back and land in a curved position	Reach Left hand across body and then Right hand across body	Spin in a direction of your choice and finish in a balance on one foot	Jump and turn in the air, landing in a crouch	Hop Left Right Left
Bend down and touch the floor in 2 different places.	Reach high then low then middle.	Jump ½ turn and then again.	Kick an invisible ball and jump in the air.	Punch, kick, punch, kick and freeze.
Drop to a crouch and spin to standing.	Lunge low and reach high with one hand.	Jump Left, then Right, then Left on a zig zag path	Balance on one leg and reach for 2 different corners of the room.	Touch an elbow to opposite knee, then a hand to opposite foot.
Balance on one leg and hug your other knee.	Squat down low with both hands on the floor.	Slice the air with one hand and let it take you into a turn.	Get into a press-up position with your feet wide apart.	Lie on your side in the shape of a banana.