

1. ALAH MOVE (10 X)
2. SHOULDER MOVE (10 X EA WAY)
3. PUSH THE HEAD (2 X EA WAY)
4. TOUCH TOES SHORT WAY (20 X)
5. ATLAS MOVE - HAND, WRIST, ARM (5 X EA X 3)
6. JAMACA SWING (20 X)
7. NECK MOVES (3 X EA WAY)
8. TOUCH TOES LONG WAY (20 X)
9. ARMS STRETCHED AND TAKE DEEP BREATH AND HOLD (COUNT 5 - DO 2 X)
10. ARMS STRETCHED AND SWING (20 X)
11. KICK OPPOSITE HAND (20 X)
12. LONG ARM SIDE STRETCH (20 X)
13. SIM ON SAYS MOVE (8 COUNT X 6)
14. SHORT ARM SIDE STRETCH (20 X) ALICES MOVE
15. ARCH (10 X)
16. ROCK BACK AND FORTH (20 X)
17. RUB BACK OF LEGS (20 X)
18. BEND OVER - SUCK IN STOMACH (5 X)
19. MINNESOTA WARMUP (20 X)
20. TOUCH TOES LONG WAY BOTH HANDS (20 X)
21. KICK BACK MOVE (20 X)
22. HULA MOVE (10 X EA WAY)
23. LEG KICK - SIDE, FORWARD, BACK (10 X EA)
24. KNEE BEND MOVE (X 4)
25. MILK THE COW (10 X EA POSITION FOR 2 CYCLES)
26. STAND ON EACH FOOT AND SHAKE HANDS (X 6)
27. GOLF SWING (10 X EA WAY)
28. PICK UP GOLF BALL (10 X)
29. CLIMB THE ROPE (20 X)
30. ELBOW TO KNEE TOUCH (20 X)
31. SWIM MOVE (20 FWD., BACK, BREAST)
32. POTATO KICK (2 X EA LEG)
33. ARMS STRETCHED AND TAKE DEEP BREATH AND OLD (COUNT 5 - DO 2 X)
34. TEPEE MOVE (6 X)
35. ARMS STRETCH FOR LITTLE CIRCLES (10 X EA)
36. BOXING DOUBLE JAB (20 X)
37. SKI POLE (20 X)
38. LEG STRETCH (UFFDA MOVE 6 X)
39. LUCYS MOVE (20 X)
40. JUMPING JACKS (3 X EA WAY)
41. VICTORY SONG.