



Introduce yourself to the class.



Introduce yourself to the class.



Direct the class to do 10 arm stretches (show them how).



Instruct the class to run 10 laps around the room.



Give the class a compliment.



Give them a compliment.



Tell the class to run in place for 1 minute.



Instruct the class to do an exercise of your choice. Show them how to do it.



Thank the class.



Tell the class thank you.

