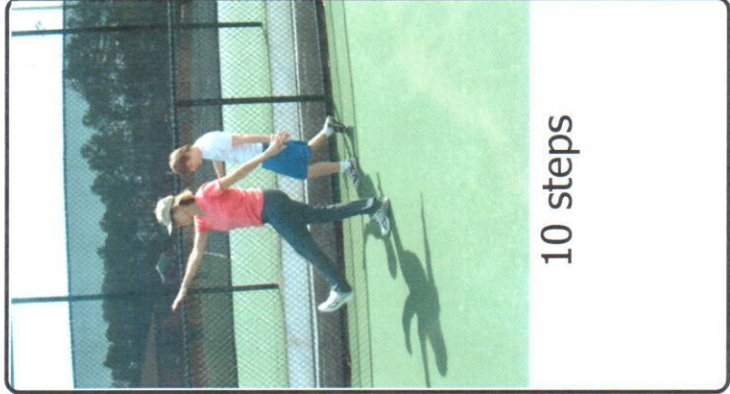
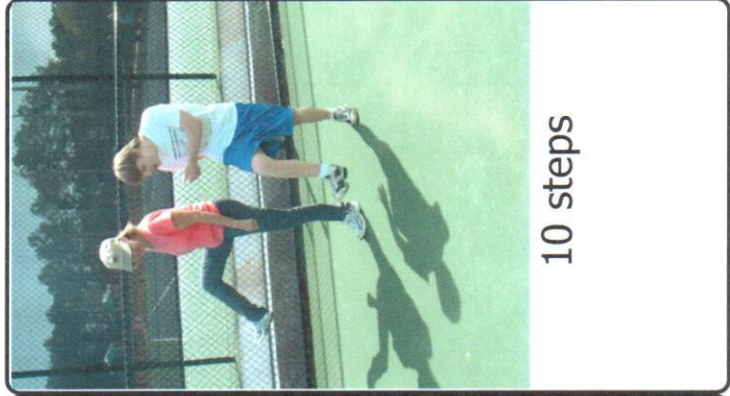


Frankenstein & Duck Walk



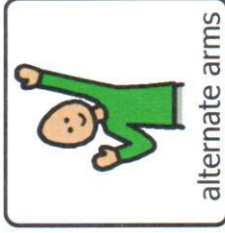
10 steps



10 steps

Stretches

5 times each



alternate arms



helicopter arms



touch toes/stand



knees up/march



twist and touch



YEAH! Did it!