Fitness Train

Dynamic Fitness Warm-up

*C’mon Ride It* by Quad City DJs

**Cue Movement**

Rotate The conductor moves to caboose and everyone moves up

Reverse Reverse

Switch The conductor and the caboose trade places

Loose Caboose All cabooses leave their train and run to another train

Shuffle Everyone in the passenger cars (between the conductor and the caboose) trade places.

Slow Motion! Everyone moves in slow motion.

**Example Locomotor Skills:**

Walk, Jog, Run, Skip, Hop, Gallop, Leap, Jump, Side-shuffle

**Example Non-Locomotor Skills:**

Bend [a body part], Stretch, Flex, Extend, Twist, Lift, Raise, Turn, Pull