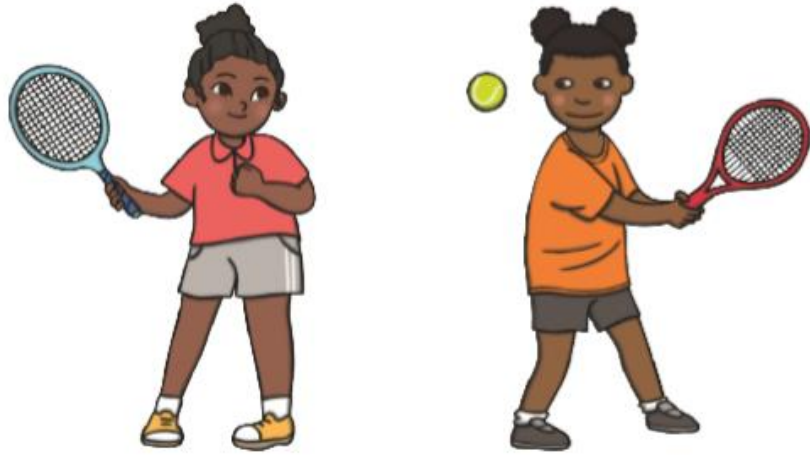


Joe Wicks: 5-Minute Move Workout 2

Star Jumps

1. Start with your feet close together.
2. Jump and land with your feet wide apart.
3. Stretch your arms out above your head.
4. Jump your feet in and your arms down.





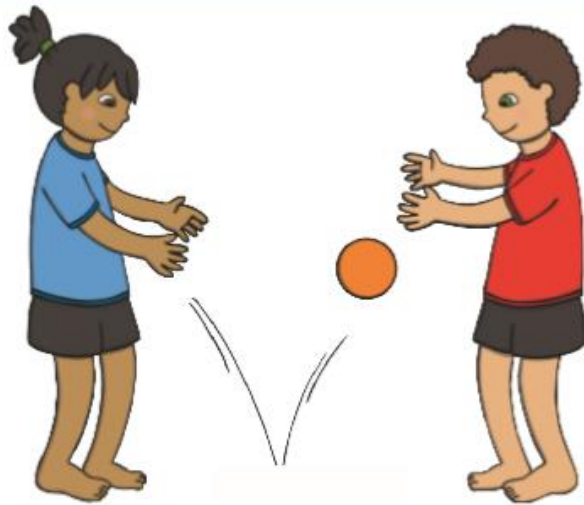
Hit a ball to your friend.

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Do **10** star jumps.

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Bounce a ball to a friend.

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Throw **5** beanbags
into the hoop.

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