

1.ステップ

- (1)足踏み 8×2
- (2)ダウンアップ 8×3
- (3)ダウンアップ [腕と脚つき] 8×2



(1)12345678



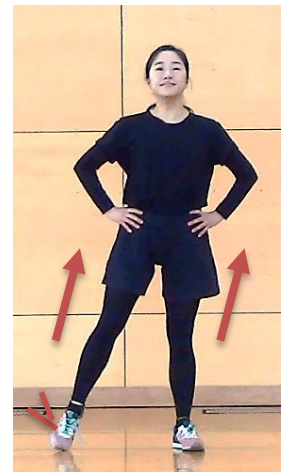
(2) 1
5



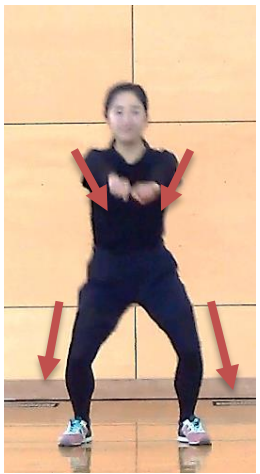
2
6



3
7



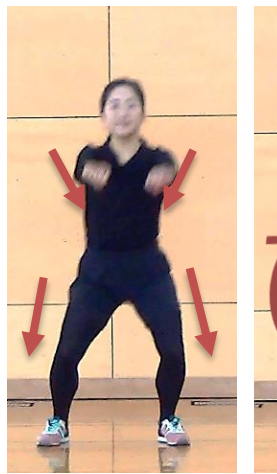
4
8 (繰り返し)



(3) 1
5



2
6



3
7



4
8 (繰り返し)

2.体操

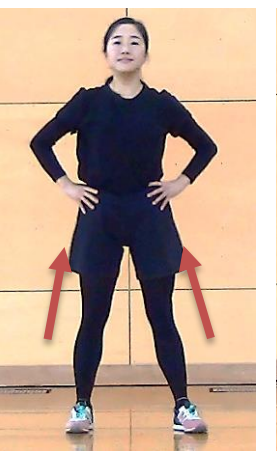
- (1)膝屈伸+上体ひねり 8×3
- (2)膝屈伸+上体ひねり [腕つき] 8×2



(1)



1・2・3



4



5・6・7



8

(繰り返し)



(2)



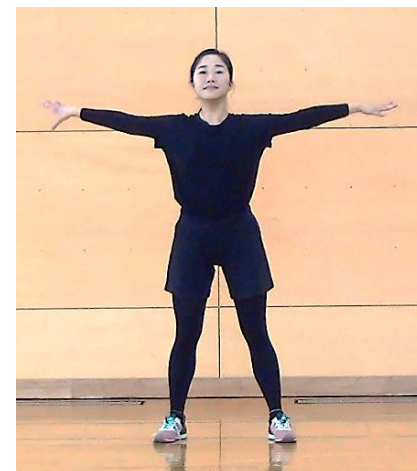
1・2



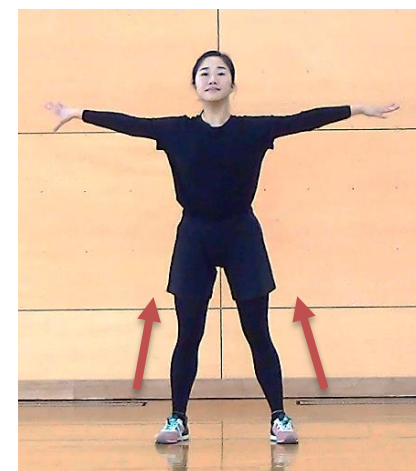
3



4



5・6



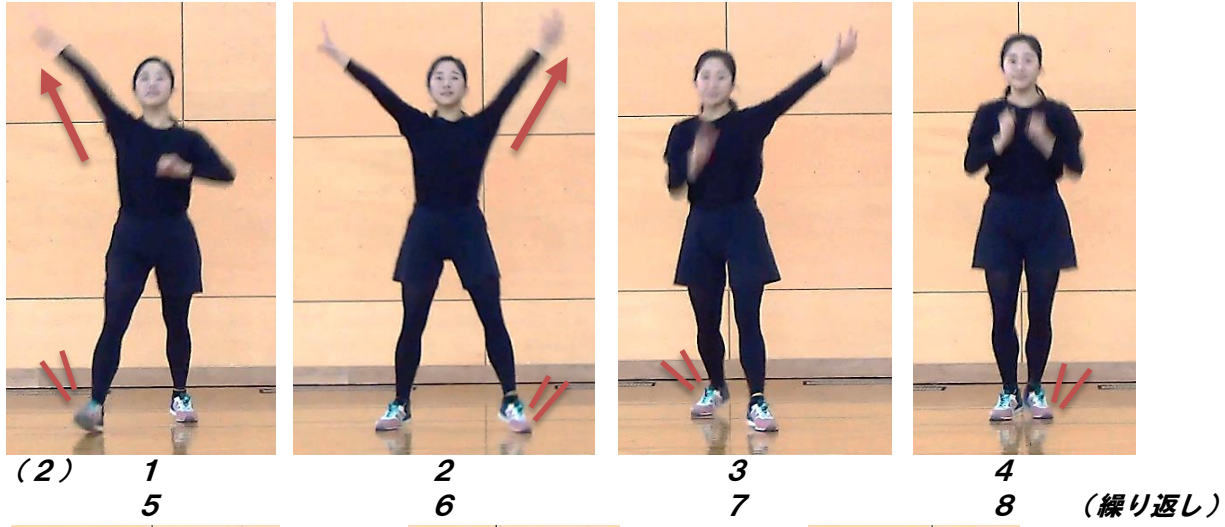
7



8 (繰り返し)

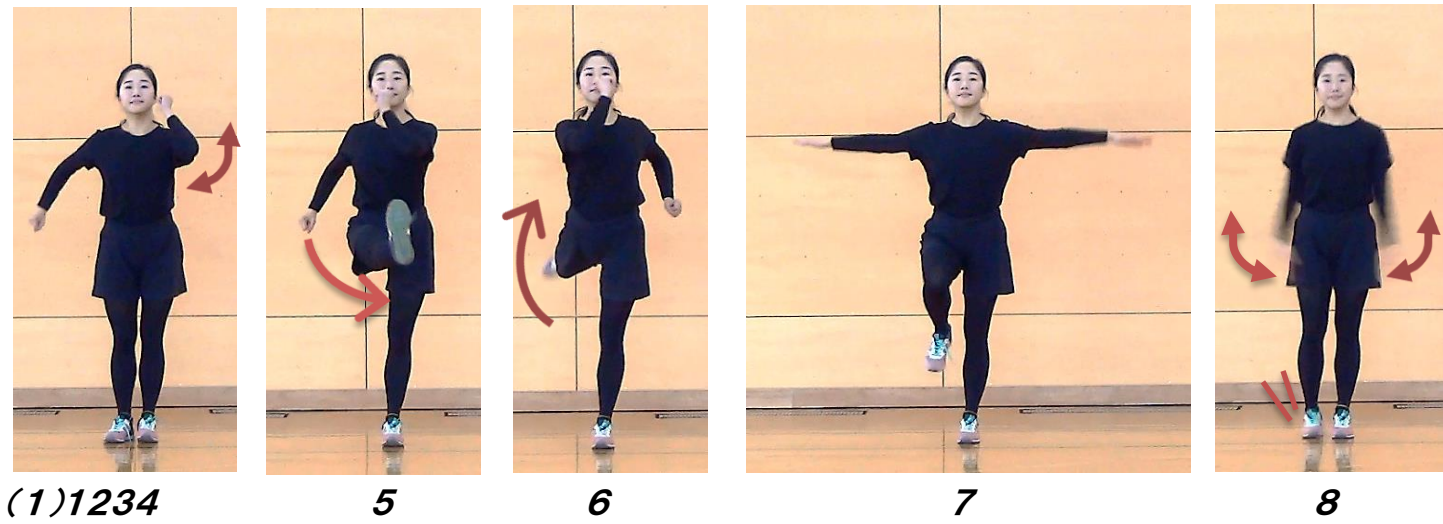
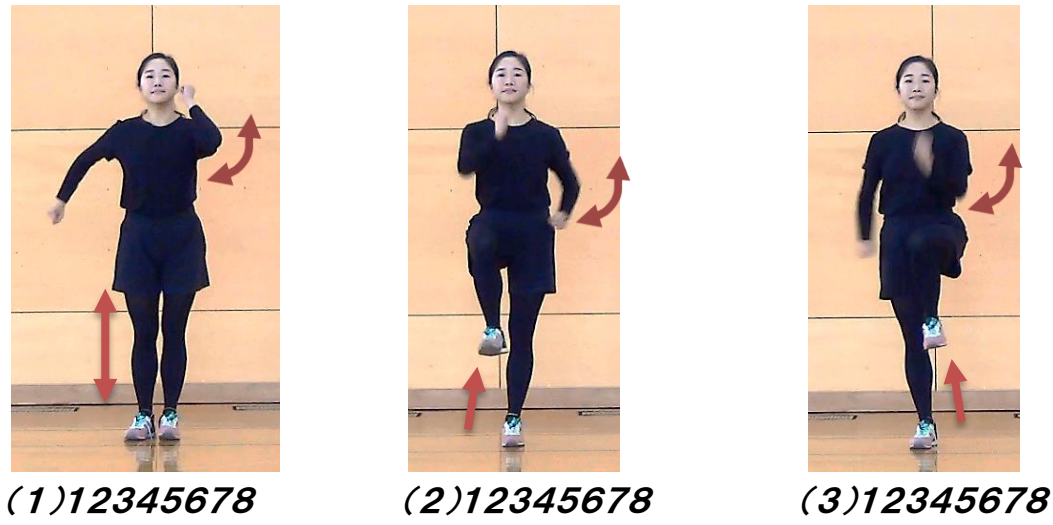
3.ステップ

- (1) V字ステップ 8×3
- (2) V字ステップ[腕つき] 8×2



4.体操

- (1) 屈伸腕振り 8×1
- (2) 片足バランス [左脚上げる] 8×1
- (3) 片足バランス [右脚上げる] 8×1
- (4) 腕と脚振り 8×2



5.ステップ

- (1)足踏み 8×1
- (2)サイドステップ 8×2
- (3)サイドステップ
[手をたたたく] 8×2
- (4)サイドステップ
[肩を回す] 8×3



(1)1234...



(2) 1
5



2
6



3
7



4
8

(繰り返し)



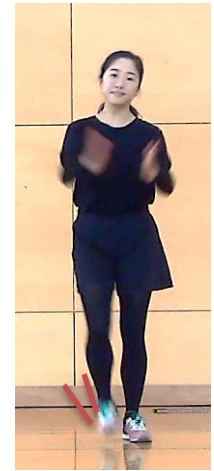
(3) 1
5



2
6



3
7



4
8

(繰り返し)



(4) 1
5

2
6

3
7

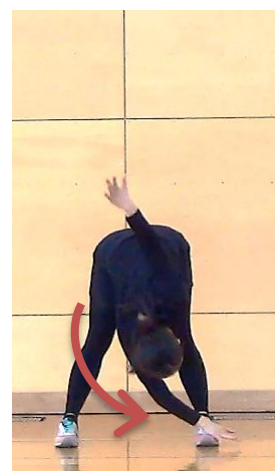
4
8 (繰り返し)

6.体操

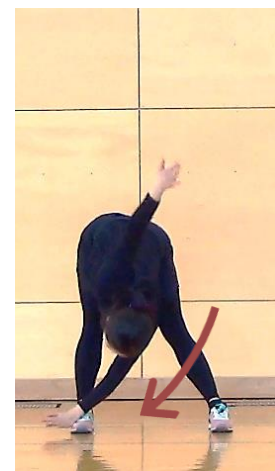
- (1)90° 前屈 8×1
- (2)斜め前屈
[左手を右脚へ] 8×1
- (3)斜め前屈
[右手を左脚へ] 8×1
- (4)90° 前屈 4
- (5)深呼吸



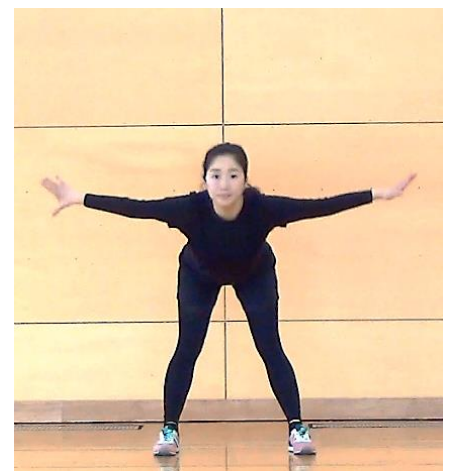
(1)12345678



(2)1234...



(3)1234...



(4)1234



(5)5678