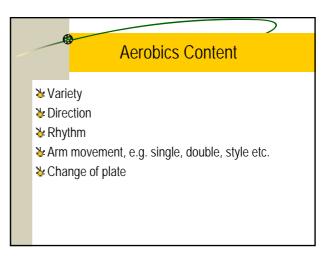
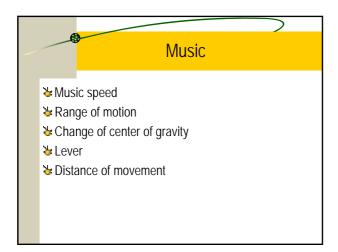
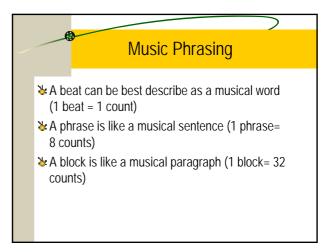
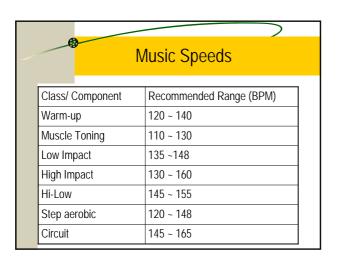


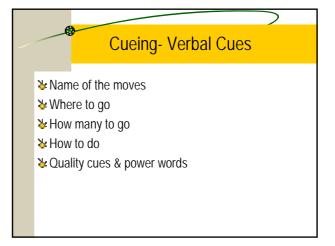
## Cool-down & Final Stretch Cool-down: 5 ~ 10 minutes Large, rhythmical movement Final stretch: 5 ~ 10 minutes Flexibility exercise











## Cueing- Non-verbal Cues Sign or symbols Facial expression Music

## Step Aerobics Involves stepping up and down from a platform Improve aerobic conditioning Muscular strength Endurance Flexibility Body composition

