

# 5 minute workout

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PLAY SING! PLAY SING! PLAY SING! PLAY SING!

□ laaah ... ∇ laaah ... □ laaah ... ∇ laaah ...

SING! PLAY SING! PLAY SING! PLAY SING! PLAY

laaah ... □ laaah ... ∇ laaah ... □ laaah ... ∇

PLAY SING! PLAY SING! PLAY SING! PLAY SING!

□ laaah ... ∇ laaah ... □ laaah ... ∇ laaah ...

SING! PLAY SING! PLAY SING! PLAY SING! PLAY

laaah ... □ laaah ... ∇ laaah ... □ laaah ... ∇

PLAY SING! PLAY SING! PLAY SING! PLAY SING!

□ laaah ... ∇ laaah ... □ laaah ... ∇ laaah ...