



# Koji the kitsune's morning workout

Raise your arms, then down to your sides.  
Raise your arms, then down to your sides.

Every morning, I say thanks  
for my body 'cause I love to dance.  
Move to the rhythm, jump like so,  
as we exercise to the radio.



Spread your arms then bring them down.  
Spread your arms then bring them down.

Everybody, old and young  
will start to stretch,  
here's how it's done.  
Move to the rhythm,  
jump, like so, as we exercise to the radio.



Twist to the right, then down to the middle.  
Twist to the left, then down to the middle.

Every morning I say thanks  
for my body 'cause I love to dance.

Move to the rhythm, jump like so  
and exercise to the radio.

Reach for your toes, as you step to the side.  
Reach for your toes, as you step to the side.



Everybody, old and young  
will start to stretch.  
Here's how it's done.

Move to the rhythm and jump like so.  
Exercise to the radio.

