

Warm Up

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Introduction

Bend down, stretch up,
Bend down, stretch up,
Bend down, stretch up,
And relax.

Verse 1

Before you start to exercise,
You've got to bend and stretch.
To get your body optimised,
Make those muscles flex.
Bend down, stretch up,
Make those muscles flex.

Chorus

So bend to the left, bend to the right,
Forwards, sideways, upwards, down,
The winning line is in your sight,
You'll win the race and wear the crown,
But first of all stretch up and down.

Verse 2

When you begin your body's cold,
Not working properly.
Wake it up and dream of gold,
The warm-up is the key.
Bend down, stretch up,
The warm-up is the key.



Chorus

So bend to the left, bend to the right,
Forwards, sideways, upwards, down,
The winning line is in your sight,
You'll win the race and wear the crown,
But first of all stretch up and down.

Verse 3

Walking, running, leaping, jumping,
Muscles warmer now.
Cycling, swimming, throwing, sprinting,
You can feel their power.
Bend down, stretch up,
You can feel their power.

So bend to the left, bend to the right,
Forwards, sideways, upwards, down,
The winning line is in your sight,
You'll win the race and wear the crown,
But first of all stretch up and down.

Part 1

Walking, running, leaping, jumping,
Muscles warmer now.
Cycling, swimming, throwing, sprinting,
You can feel their power.
Bend down, stretch up,
You can feel their power.
You can feel their power.
Yeah!

Part 2

Bend down, stretch up,
Bend down, stretch up,
Bend down, stretch up,
Bend down, stretch.
Bend down, stretch up,
You can feel their power.
You can feel their power.
Yeah!

