



Warm Up

Music and lyrics by
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♩ = 116 Relaxed Rumba

F⁶ F⁶ F⁶

Bend down,

F⁶ B^{b7} B^{b7} B^{b9}

stretch up, Bend down, stretch up,

F⁶ F⁶ G^{m7}

Bend down, stretch up, Bend down,

C7 C7 Fmaj7

stretch up, _____ And re - lax.

The first system of music features a vocal line in the upper staff and piano accompaniment in the lower staff. The vocal line starts with a whole note G4, followed by a half note G4 tied to the next measure, then a quarter note A4, and a quarter note B4. The piano accompaniment consists of a steady eighth-note chordal pattern in the right hand and a simple bass line in the left hand. Chord symbols C7, C7, and Fmaj7 are placed above the vocal line.

Fmaj7 F6 F6

Be - fore you start to ex - er - cise, You've
you be - gin_ your bo - dy's cold, Not

The second system continues the vocal line and piano accompaniment. The vocal line has a quarter rest, followed by a quarter note G4, a quarter note A4, a quarter note B4, a quarter note C5, and a quarter note B4. The piano accompaniment continues with the same rhythmic pattern. Chord symbols Fmaj7, F6, and F6 are placed above the vocal line.

F6 F6 Bb7

got to bend_ and stretch. To get your bo - dy
wor - king pro - per - ly. Wake it up_ and

The third system continues the vocal line and piano accompaniment. The vocal line has a quarter note G4, a quarter note A4, a triplet of eighth notes (B4, A4, G4), and a quarter note F4. The piano accompaniment continues with the same rhythmic pattern. Chord symbols F6, F6, and Bb7 are placed above the vocal line.

Bb7 F6 F6

op - ti - mised, Make those mus - cles flex.
dream of gold, The warm - up is_ the key.

The fourth system concludes the vocal line and piano accompaniment. The vocal line has a quarter note G4, a quarter note A4, a quarter note B4, a triplet of eighth notes (B4, A4, G4), and a quarter note F4. The piano accompaniment continues with the same rhythmic pattern. Chord symbols Bb7, F6, and F6 are placed above the vocal line.

C B^b F B^{o7}/C F

Bend down, stretch up, Make those muscles flex. So
 Bend down, stretch up, The warm-up is the key.

Fmaj⁷ Gm⁷ Am⁷ Dm

bend to the left, bend to the right, For-wards, side-ways, up-wards, down, The

Gm⁷ C⁷ Am⁷ Dm⁷

win-ning line_ is in your sight, You'll win the race and wear the crown, But

1.

Gm⁷ C⁷ F⁶ F⁶

first of all stretch up and down. When

2.

F⁶ F⁶ F⁶

Walk - ing, run - ning, leap - ing, jump - ing, Mus - cles warm - er
Only on D.S.

Bend down, stretch up, Bend down,

F⁶ Bb⁷ Bb⁷

now. Cy - cling, swim - ming, throw - ing, sprint - ing,
stretch up, Bend down, stretch up,

To Coda ☐

F⁶ F⁶ C B^b

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

F B^{o7}/C F Fma⁷ Gm⁷

You can feel their power. So bend to the left, bend to the right,

Am⁷ Dm Gm⁷ C⁷

For-wards, side-ways, up-wards, down, The winning line is in your sight, You'll

Am⁷ Dm⁷ Gm⁷ C⁷

win the race and wear the crown, But first of all stretch up and

D.S. al Coda Coda

F⁶ F⁶ C B^b

down. Bend down, stretch up,
Bend down, stretch up,

This system contains the first system of music. It features a guitar-like melody in the upper staves with techniques like 'down.' and 'Bend down, stretch up,'. The piano accompaniment is in the lower staves, with a bass line and chords. Chord symbols F⁶, F⁶, C, and B^b are placed above the staff. The section is marked 'D.S. al Coda' and 'Coda'.

F B^{o7}/C F F B^{o7}/C

You can feel their_ power. You can feel their_
You can feel their_ power. You can feel their_

This system contains the second system of music. It features two vocal lines with lyrics and a piano accompaniment. Chord symbols F, B^{o7}/C, F, F, and B^{o7}/C are placed above the staff.

F Fmaj⁷ F Spoken in a whisper

power. *pp* Yeah!
power. *pp* Yeah!

This system contains the third system of music. It features two vocal lines with lyrics and a piano accompaniment. Chord symbols F, Fmaj⁷, and F are placed above the staff. The lyrics include 'power.', 'Spoken in a whisper', and '*pp* Yeah!'.