

This is a Simple Exercise by Bobby Susser ©1998

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And it's gonna make us strong!

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v.1 Raise one hand high and count 1-2-3!
Bring one hand down and count 1-2-3!

v.2 Raise both hands high...

v.3 Lift one leg high...

v.4 Lift both legs high...

v.5 Lift your bottom high!

For the chorus, arms straight out from body, legs long. Bend at the elbow, pump one fist toward body, then the other, in time with the music. Then follow the directions!