

**TBH LET'S GET IT STARTED | FULLY SCRIPTED VERSION 3 MINUTES**

The TBH INSPIRE version of *Let's Get It Started!* is a gentle seated warm-up designed to build focus, self-awareness, and get everyone ready to learn together. You will use the *TBH Let's Get It Started!* at the beginning of each class. Your class materials include a shorter version of these directions.

The *TBH Let's Get It Started!* playlist offers suggested music to set the pace of your workout.

We are going to begin with “TBH Let's Get it Started!” Being physically engaged is great for our focus, thinking, and self-awareness. This quick warm-up is a great way to get us ready to learn and explore together. We'll do this right at our seats at the beginning of every class. Just watch what I do and follow along.

FEET GET STARTED. Let's start by warming up our feet and ankles. Let's start with our right foot. Lift it up so it is just off the floor. Demonstrate. Now gently stretch your foot, pointing your toes up and down a few times. Now circle your foot at the ankle. Demonstrate. Let's circle twice to the right, and now twice to the left. Demonstrate. Good! Now let's do the same thing with our left foot. Lift it up so it is just off the floor. Gently stretch it, pointing your toes up and down a few times. Demonstrate. Now circle your foot at the ankle, twice to the right and now twice to the left. Demonstrate.

LEGS GET STARTED. Now let's warm up our legs. Put both feet on the floor right in front of you, about hips-distance apart. Demonstrate. We'll start with our right leg. Go ahead and extend your leg in front of you. If you can, rest your heel on the floor. I want you to gently firm up the muscles in your leg, from your thigh to your calf. Focus on how that feels. Pause for a few seconds. Now go ahead and relax your leg, releasing that tension. Good! Go ahead and give your leg a little stretch and shake. Demonstrate. Now let's repeat that with our left leg. Go ahead and extend your leg in front of you. If you can, rest your heel on the floor. Gently firm up the muscles in your leg, from your thigh to your calf. Focus on how that feels. Pause for a few seconds. Now go ahead and relax your leg, releasing that tension. Good! Go ahead and give your leg a little stretch and shake. Demonstrate.

BACKS GET STARTED. Next, let's gently warm up our backs. Let's put both feet on the floor right in front of us, about hips-distance apart. Demonstrate. Now gently twist your upper body to the right. Remember to keep your core tight and twist only to a comfortable point. Demonstrate. Let's hold the twist as we take two deep breaths. And release, coming back to sitting straight and relaxed in your chair. Now, let's do the same on the other side, with a slow gentle upper body twist to the left. Demonstrate. Let's take two deep breaths as we hold our twist. And now release and return to facing forward. Next, gently reach your arms forward, rounding your upper back and hold for a few seconds. And now let's reach our arms up, straightening our upper backs. Like this. Demonstrate. Let's hold our backs as straight as possible, sitting tall and making length in our upper body, arms in the air. Nicely done.



ARMS GET STARTED. Okay, let's get our hands, wrists and arms warmed up. First, let's gently make fists with both hands, like this. Demonstrate. Feel the tension in your fingers and hands. Hold for a few seconds. Now relax and give your hands a little shake. Notice how your hands feel. Now let's circle our wrists, together, a few times to the right, now a few times to the left. Circle wrists a few times in both directions. Now let's warm up our arms. Go ahead and extend your right arm, resting it on your right thigh. Gently firm up the muscles in that arm, tightening them from your shoulder to your wrist. Hold for a few seconds. Now relax your arm, releasing that tension. And gently stretch and shake your arm. And now let's warm up our left arm. Go ahead and extend your left arm, resting it on your left thigh. Gently firm up the muscles in that arm, tightening them from your shoulder to your wrist. Hold for a few seconds. Now relax your arm, releasing that tension. And gently stretch and shake your arm. And let's not forget our shoulders! Let's loosen them up. Rest your hands on your thighs. Now gently firm your shoulders up and relax them down, like this. Gently shrug shoulders up and down, with tension and release. Good!

VOICES GET STARTED. Let's finish by warming up the muscles we use to speak and connect with each other. Let's begin by warming up our jaws. Gently open and gently close your jaw, like this. Demonstrate. Let's do that a few times. Now let's give our tongues a gentle stretch. Just relax your mouth and gently stick your tongue out, holding for a few seconds. And say "ahhhh." Demonstrate. And now let's wiggle our tongues back and forth a few times. Demonstrate. Now let's warm up our eyes. Let's close our eyes, gently squeezing them tight. Hold for a few seconds and now release and relax them. Open your eyes wide. Demonstrate. Good! Now let's warm up our voices. Ready?

Let's all say "OHHHHHHHHHHH." Have group say sound with you. Hold for a few seconds.

Let's all say "EHHHHHHHHHHH." Have group say sound with you. Hold for a few seconds.

Let's all say "AHHHHHHHHHHH." Have group say sound with you. Hold for a few seconds.

Now let's do all the sounds together, like this. "OH – EH – AH" Repeat each sound with the group, but this time don't pause in between the sounds. Say "OH – EH – AH," holding each sound for a few seconds. Repeat 3 times.

Now Let's try warming up our talking voices by repeating this phrase together 3 times: "Live every moment, laugh every day, love beyond words." Repeat 3 times with your group.

BREATH GETS STARTED. OK. Next, let's slow it down with one more big breath in through your nose, like this. Inhale deeply through your nose. And exhale out through your mouth, like this. Exhale, this time through your mouth.

Now spread your arms apart and bring your hands together in front of you, making a big circle as if you are hugging the world. Demonstrate. And now give yourself a great big hug and send yourself some love. Demonstrate.

Great job, everyone.

TBH LET'S GET IT STARTED! PLAYLIST. Play selections from the playlist to enhance your *TBH Let's Get It Started!* workouts. You can access the playlist by clicking [HERE](#).