



★ ZOOM'S DANCE MAYNIA BOOST ACTIVITIES ★

Cut out each activity and use them to create your 5 Minute Mini Boost sessions

Make a random selection picking out one at a time, you could pick 5 and do 30 seconds of each and then repeating to create a 5 minute dance routine. Giving you endless combinations to get you moving!

Visit www.dailyboost.org/challenges to view videos tutorials of how to do each move



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#LetsGetMoving