

# Stretch It Out Simon Song

They call me Stretch It Out Simon  
'Cause I like to stretch  
It helps my flexibility when I stretch, stretch, stretch  
I reach as far as I can  
Stretch it out more and more  
If I stretch before the exercise I won't get sore

Stand up straight and look to the left  
Now, look to the right  
Now, look to the sky  
Now, look to the ground

Put your arms up high and stretch to the sky  
Put your arms real low and touch your toes  
With your left hand point to the right  
With your right hand point to the left

Put your left foot forward and lunge, stretch it out  
Put your right foot forward and lunge, stretch it out  
Put your left foot forward and lunge, stretch it out  
Put your right foot forward and lunge, stretch it out

Reach back, put your left foot in your hand and stretch it out  
Reach back, put your right foot in your hand and stretch it out

Sit on the floor with your back up straight  
We're gonna stretch it out now and it's gonna feel great

Put your legs straight out and touch your toes  
Pull your left foot in and stretch to the right, stretch it out  
Pull your right foot in and stretch to the left, stretch it out  
Pull both legs in and stretch it out, stretch it out, stretch it out

Stand up straight and wiggle your head  
Stand up straight and wiggle your arms  
Stand up straight and wiggle your hips  
Stand up straight and wiggle your legs