



STUDENT WORKSHEET FOR **DANIEL'S DIAVOLO WARMUP**

**After participating in Daniel's WARMUP video, answer the following questions.**

**Each statement is either TRUE or FALSE.**

1) "IMPROVISATION" means you make it up as you go along.

A) TRUE

B) FALSE

2) The "FOLLOW ME" warmup is a non-verbal exercise (when you do not say a word).

A) TRUE

B) FALSE

3) "HIGH KNEES" and "LOW KNEES" are the same exercise.

A) TRUE

B) FALSE

4) It is not important to be mindful of your space when doing Daniel's DIAVOLO warmup.

A) TRUE

B) FALSE