

# Push Up Song

Music and Lyrics by: Have Fun Teaching

Push up

Roll to the left  
Clap, Clap, Clap  
Roll to the right  
Clap, Clap, Clap

Push up

Roll to the left  
Clap, Clap, Clap  
Roll to the right  
Clap, Clap, Clap

Push up

Sit up straight  
Put your hands in your lap  
Put you hands in the air  
And go Clap, Clap, Clap