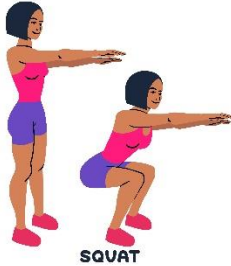


Animal Moves – Play Program

Air Squat



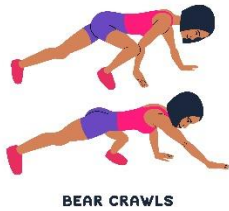
Stand with feet shoulder width apart

Initiate the squat movement as if you were going to sit down on a chair.

Bring your arms forward to balance you

Move back to the start position

Bear Crawl



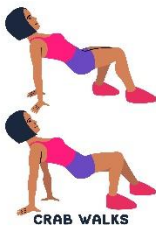
Bear Pose position with hands under your shoulders, knees bent, but not touching the ground and on the balls of your feet.

Start crawling in this position and keep contact with ground as short as possible.

Do not use your knees

Back must be in a straight line from hips to shoulders

Crab Walks



Sit on floor with arms behind back, fingers facing forward.

Lift hips off floor and tighten abs.

Using hands and feet to move you forward, start walking. Use opposite hand and leg movements.

Hips should be raised but glutes close to ground

Crab Toe Kicks/ Touches



Start in Crab pose and lift left arm to touch right foot.

Return to Crab Pose

Alternate the movement

Plank



Start in modified push up position, elbows bent at 90 degrees and forearms resting on floor. Elbows under shoulders.

Tighten core.

Body should be in a straight line.

Can modify the pose as per graphic.



Kangaroo Jump



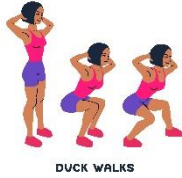
Stand – feet shoulder width apart.

Start with arms behind you.

Engage core and jump as far as you can.

Land softly.

Duck Walk



Start in standing position with hands clasped behind head.

Move into a squat position.

With hands behind head begin walking in a rhythmic fashion.

Torso should be leaning slightly forward

Frog Jump



Start in a squat position, hands on the floor and Torso leaning forward.

Propel yourself upwards by driving with the legs and swinging arms above head.

Return to start position.