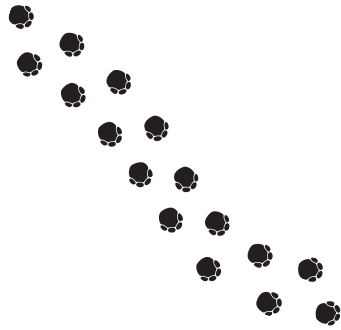


ANIMAL WALKS

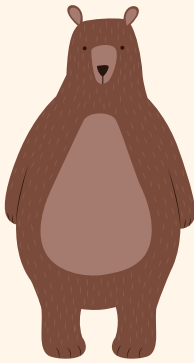


LET'S TRY ANIMAL WALKS!



THEY ARE A GREAT WAY TO MOVE
OUR BODIES IN A NEW WAY AND
GET ALL MAJOR MUSCLE GROUPS
WORKING AT THE SAME TIME!

BEAR WALK



1. From a standing position, bend over and place both hands flat on the ground.
2. Knees can be slightly bent and should remain off the ground.
3. Walk forwards with your right hand and right foot at the same time, followed by your left hand and left foot at the same time.
4. Keep walking forwards, alternating sides.

CRAB CRAWL

1. Sit on the ground with your knees bent in front of you and your feet flat on the ground.
2. Lean back and place your hands a few inches behind you, with your fingers pointing away from your body.
3. Lift your hips off the ground by 2-3 inches.
4. Step your one foot backward as you simultaneously move the opposite hand backward. Then repeat on the other side.
5. Continue walking backward or try walking forwards instead!



FROG HOP



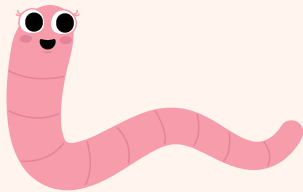
1. Squat down and sit back with your feet in a wide stance and your toes turned out slightly.
2. Place your hands on the ground in front of you.
3. Push off your feet to straighten your legs, jumping up and slightly forward.
4. Land on your toes and return to a squatting position.

KANGAROO JUMP

1. Place your feet side by side, about hip distance apart.
2. Bend your knees, then push off the ground with both feet, jumping forward a comfortable distance.
3. You may choose to keep your hands tucked in close to your chest or swing them by your sides for greater momentum.



INCH WORM



1. Stand with your feet hip-distance apart.
2. With your legs as straight as you can, bend over and place your hands on the ground in front of you.
3. Keeping your legs straight, walk your hands forward as far as you can, coming forward onto your toes.
4. Once you've walked your hands as far forward as you can, pause and walk or tip-toe your feet forward towards your hands.

ELEPHANT STOMP

1. Start in a standing position.
2. Lift your right leg as high as you can with your knee bent and bring it back down to the ground. Do the same with your left leg.
3. Continue alternating legs and "stomping" as you walk forward.
4. You can also swing your arm back and forth in front of your face while you walk as though you have a trunk.



PENGUIN WALK



1. Bend forward slightly and keep your feet flat on the ground with your knees bent.
2. Point your feet out slightly.
3. Extend your arms out to your sides.
4. Shuffle forward, taking small steps.

FLAMINGO HOP

1. Stand up straight and bend your arms at your sides.
2. Lift your right leg with your knee bent.
3. Hop forward as many times as you can.
4. Alternate sides and do the same with your left leg.

