

# Animal Exercises!

## **Bear Crawl**

Crawl on your hands and feet forwards and then backwards.



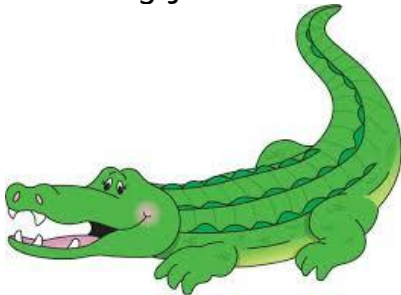
## **Crab Crawl**

Turn yourself on your back and crawl on your hands and your feet forwards and then backwards.



## **Alligator Drag**

Come to a plank, resting on your forearms. Crawl one arm forward at a time to move your body forwards.



## **Frog Jump**

Start in a low squat position, as close to the ground as you can. Jump up and forward, returning to the low squat.



## **Giraffe Stretch**

Reach your arms over your head, clasping your hands together. Imagine they are the neck of a giraffe reaching up to the trees. Lean to one side and the other.



## **Bunny Sit**

Come to a low squat, as close to the ground as you can! Hang out like a bunny sitting on the grass.



