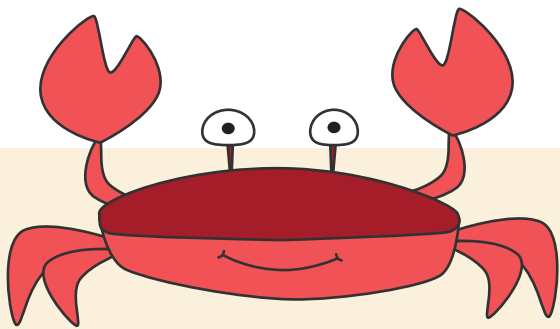


Kangaroo



Bear



Crab



Frog

Kangaroo



Hands together at chest, knees (bent) & ankles together. Hop up and out.

Bear



Hands & feet flat on the ground, knees bent walk forward using alternate feet/hands.

Crab

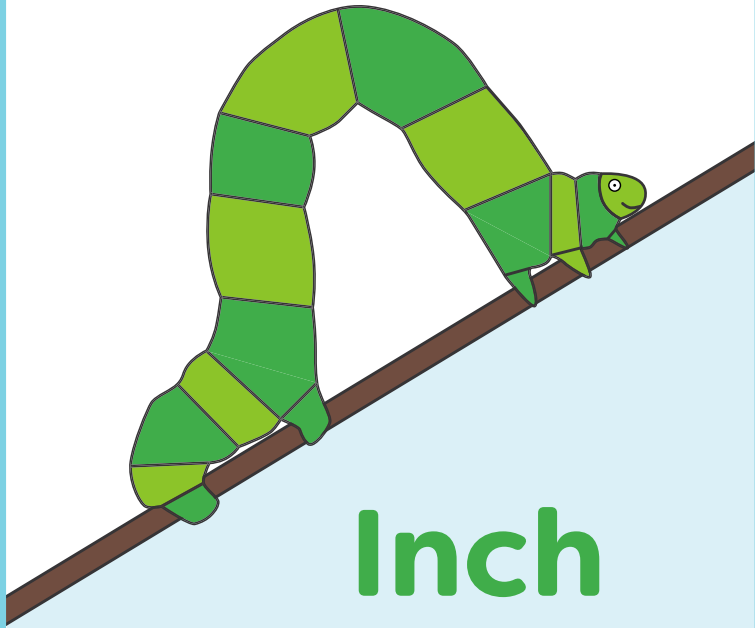


Hands & feet flat on the ground, stomach facing up walk forward using alternate feet/hands.

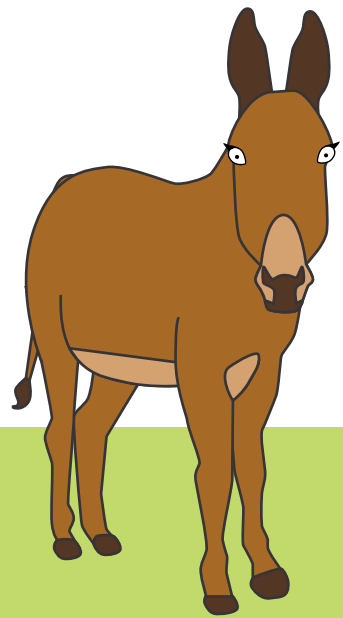
Frog



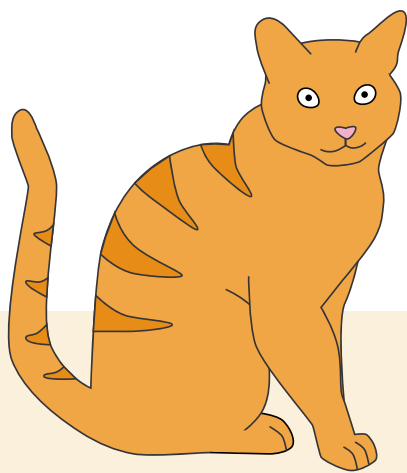
In a deep squat with feet & finger tips flat on the ground jump up & out.



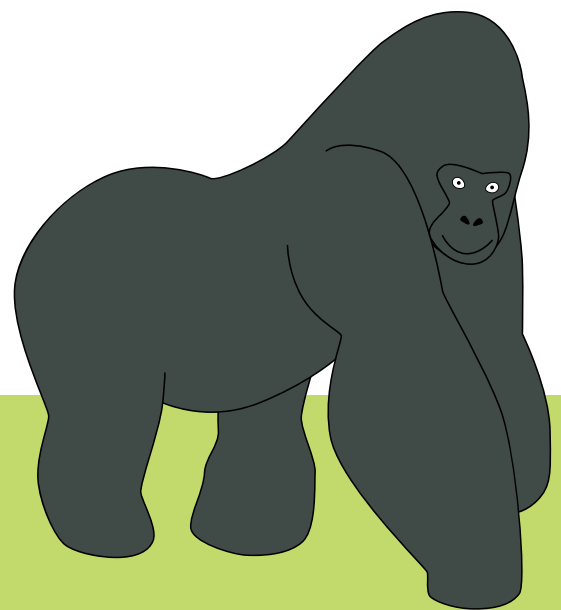
**Inch
Worm**



Donkey



Cat



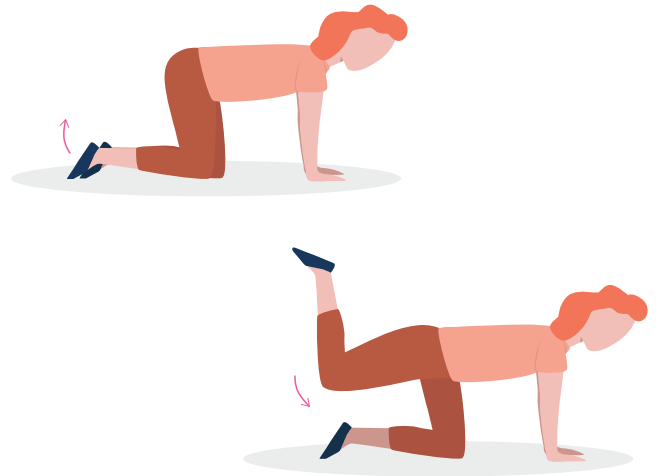
Gorilla

Inch Worm



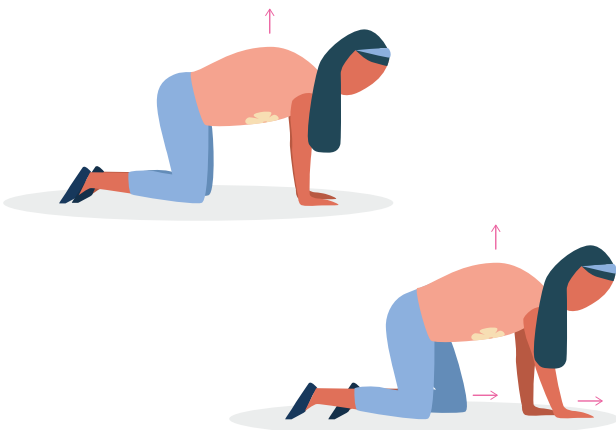
Starting in a standing position, bend down and slowly walk hands out to a plank position. Stand back up and repeat.

Donkey



Starting on hands and knees, push leg towards the sky while keeping knee at a 90 angle. Return to starting position. Repeat for the other leg.

Cat



Starting on hands and knees, push shoulders towards the ground and arch back. Crawl forward.

Gorilla



Squat, resting toes & fingertips on the ground, walk forward while pushing chest up.