

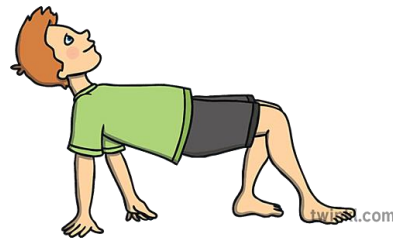
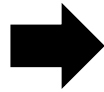
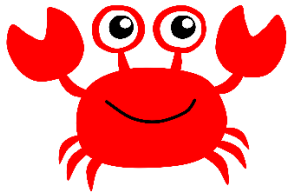
Animal Walks

Roll the die. Find which animal matches the number you rolled. Walk like that animal for 15 steps. Repeat for a total of 10 rolls.



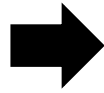
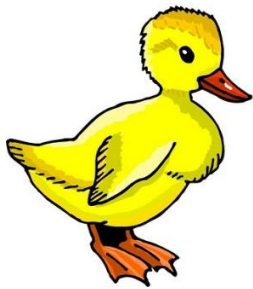
Crab Walk

With arms straight and legs bent, walk forwards on your hands and feet with belly facing the sky. Keep your bottom raised as far from the ground as you can.



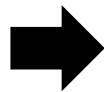
Duck Walk

With legs bent and hands off the ground, walk forwards in a low squat.



Inchworm

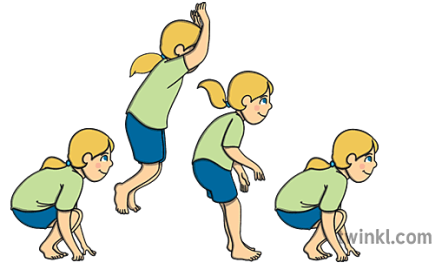
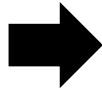
With arms and legs straight, walk forwards on your hands and feet with belly facing the ground by walking your hands all the way out into plank and then walking your feet all the way back to your hands.





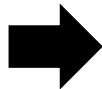
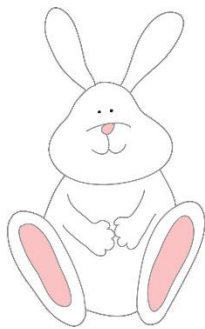
Frog Jump

Start in a low squat with your legs bent all the way and your hands touching the ground between your feet. Jump forward and up by extending your legs all the way straight and reaching your hands to the sky. Return to start position and repeat.



Bunny Hop

Hop forward with both feet. Keep your legs together and straighten them all the way when you hop, making sure to bend your knees when you land.



Flamingo Hop

Hop forward on one foot. Keep one leg bent and straighten the other one all the way when you hop, making sure to bend your knee when you land. Repeat on other foot.

