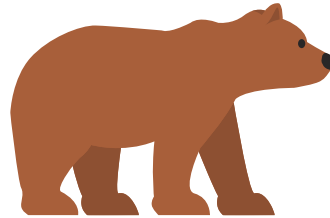


Animal Walks for Heavy Work and Bilateral Coordination



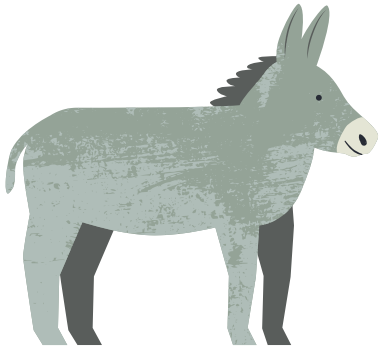
Flamingo: Stand on one leg, hop forward and land on other leg. Hold for 5 seconds each



Bear: On hands and feet, go across the length of the floor and back, without knees touching ground



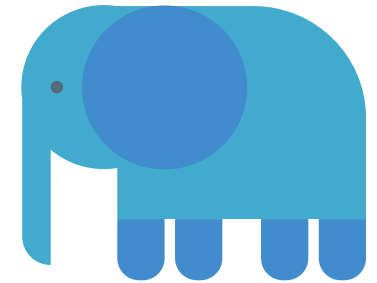
Frog: On hands and feet in low squat position, hop forward as far as you can while still landing on feet



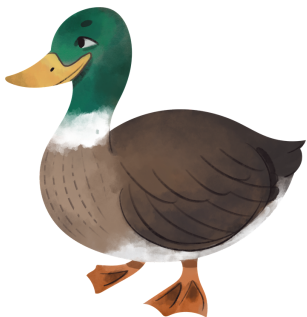
Donkey: On hands and knees (or feet), kick knees back up into air behind you and return to knees or feet



Crab: Sitting on your bottom, put hands behind you and lift butt into air. Travel using hands and feet, forward and backward!



Elephant: On feet only or hands and feet, travel across the floor, stomping hard and loud!



Duck: In low squat position and arms tucked like wings, walk forward and backward maintaining position



Lion: Crawl on hands and knees slowly and smoothly. Let out an open mouth ROAR with big breaths



Seal: On belly, push up into straight elbows and travel across floor, dragging body behind you