

ANIMAL EXERCISES

Follow these directions to act like an animal and exercise at the same time.

Crab Crawl

Crawl with your palms flat on the floor behind you



Starfish Jump

Jump up and spread your arms and legs wide

Eagle Soar

Spread your arms to the side and flap up and down

Cheetah Run

Run in place as fast as you can

Elephant Stomp

Lift your knees and stomp as hard as you can

Alligator Chomp

Put one arm high and one low then clap together



Kangaroo Hop

Jump up with both feet at the same time



Flamingo Balance

Lift one leg and stand for as long as you can

Bear Walk

Walk with your hands and feet on the floor and hips high