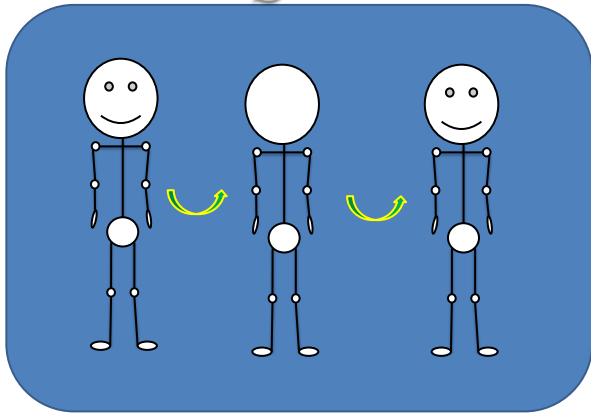
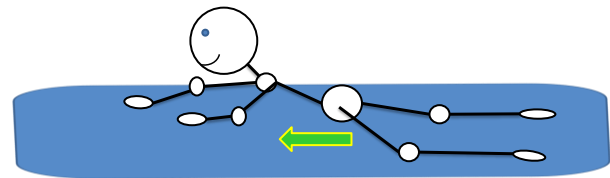




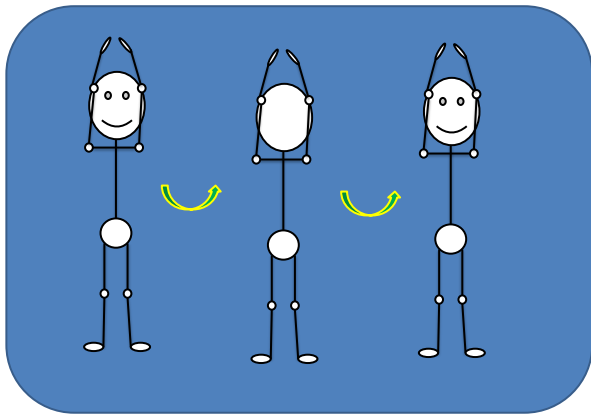
Log Roll



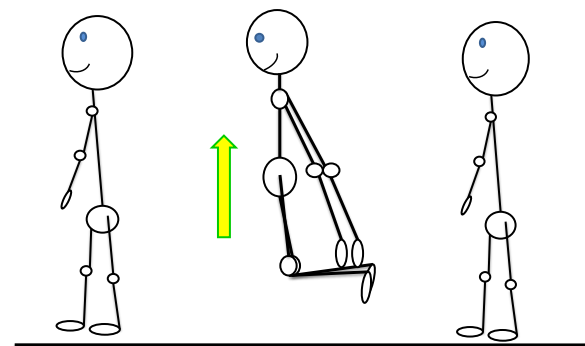
Army Crawl



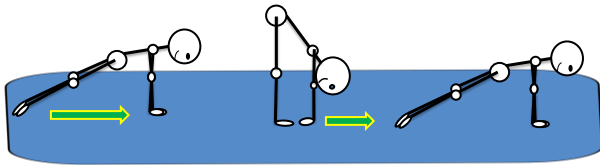
Pencil Roll



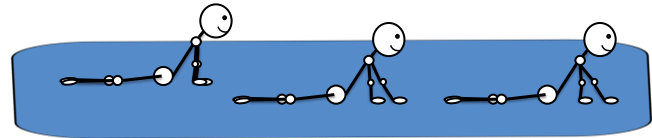
Heel Slap



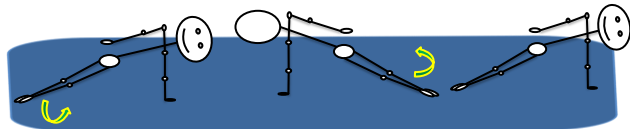
Inchworm



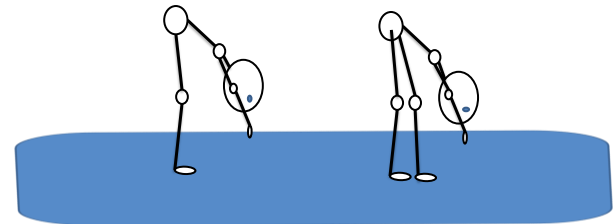
Seal Walk



Coffee Grinder



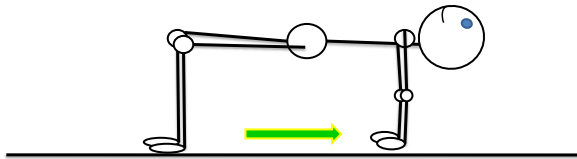
Elephant Walk



Swing arms like an elephant's trunk



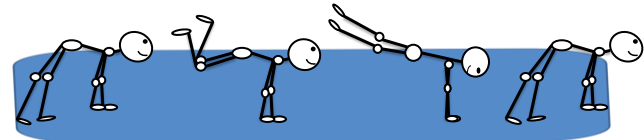
Crab Walk



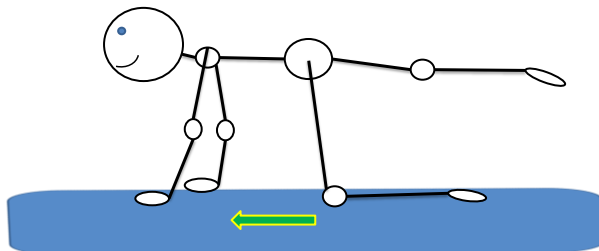
Walk forward, backward or sideways



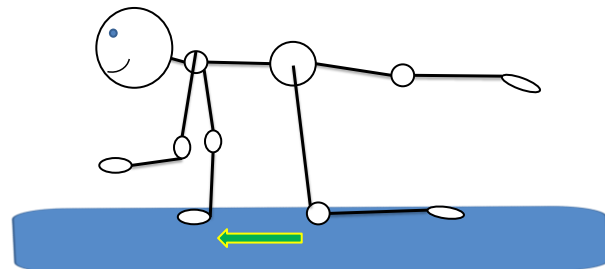
Mule Kick



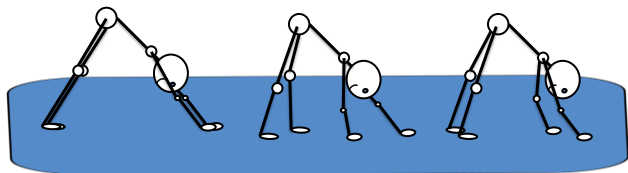
Lame Puppy Dog Walk



Double Lame Puppy Dog Walk



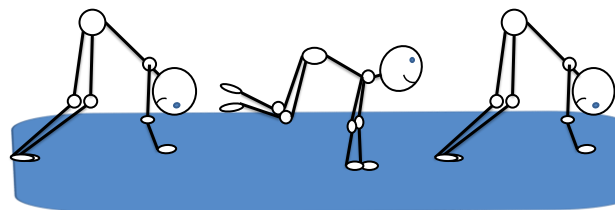
Bear Walk



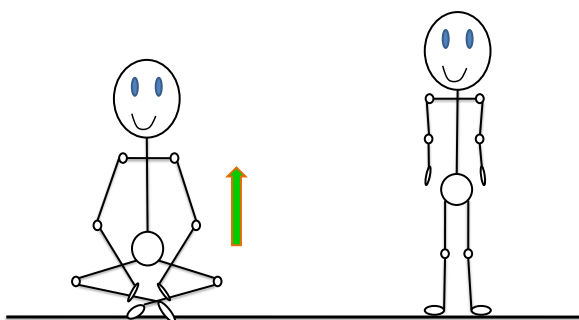
1. Move right hand and foot together.
2. Then move left hand and foot together.



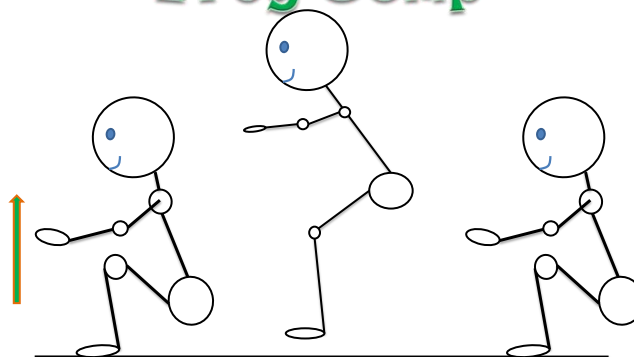
Rocker



Crazy Cross Stand



Frog Jump



Jump up and land on both feet with knees slightly bent.
Use your arms for balance.

