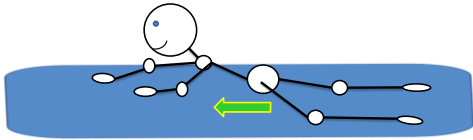
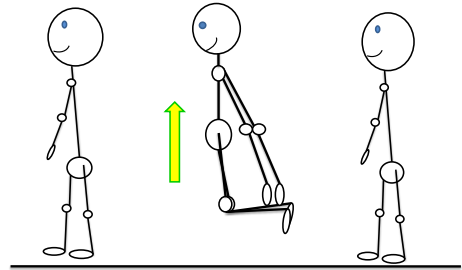


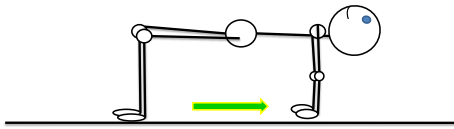
Army Crawl



Heel Slap



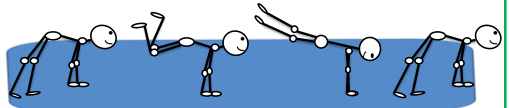
Crab Walk



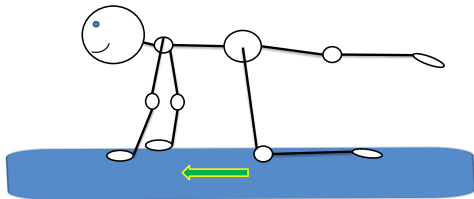
Walk forward, backward or sideways



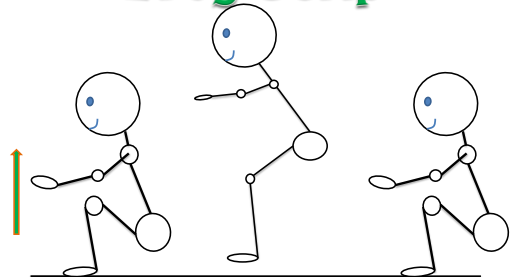
Mule Kick



Lame Puppy Dog Walk



Frog Jump



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

