

GLUE



DUCK WALK

GLUE

GLUE



CRAB CRAWL

GLUE



BEAR WALK

GLUE



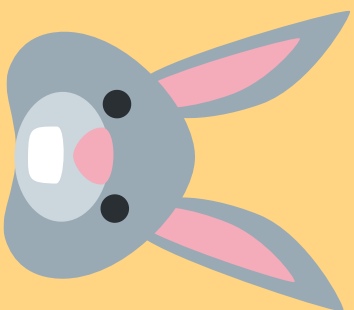
CROUCHING TIGER

GLUE



FROG JUMPS

GLUE



BUNNY HOPS



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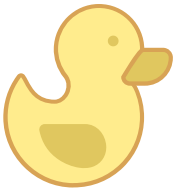
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KIDS WORKOUT DICE GAME



CRAB WALK - Sit on the floor w/ your feet hip-distance apart in front of you and arms behind your back. Lift your hips off the floor then start walking w/one foot and one arm sideways so you walk along sideways like a crab.



DUCK WALK - Maintain a squat position. Keep your chest up and extend your arms in front of you for balance. step forward w/ left then right foot and weigh in your heels as you walk.



FROG JUMP - Hinge at your hips to squat down, keep your chest up and try to tap the floor with your hands and hop back and front or at the same place.



BEAR WALK - Hands and feet on the floor. Hips high then walk left and right



CROUCHING TIGER - Start in plank then reach your opposite arm and leg forward. Stay low and move forward slowly.



BUNNY HOPS - Keep your hands placed firmly on the floor and jump your feet up into the air from left to right.

