



Bear Walk | Start in the standing position. Bend over and put both hands on the ground. Now, walk forward on your hands and feet without touching your knees down.



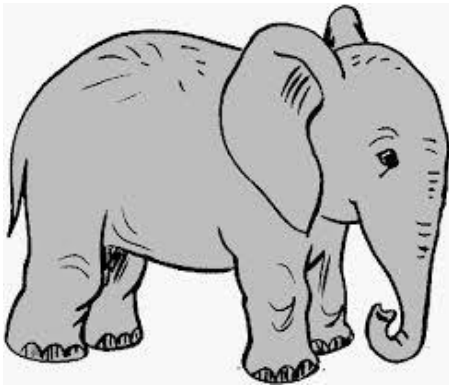
Kangaroo Jumps | Starting in the standing position, put both feet together and squat down. Jump forward as high as you can using only your feet, and no hands.



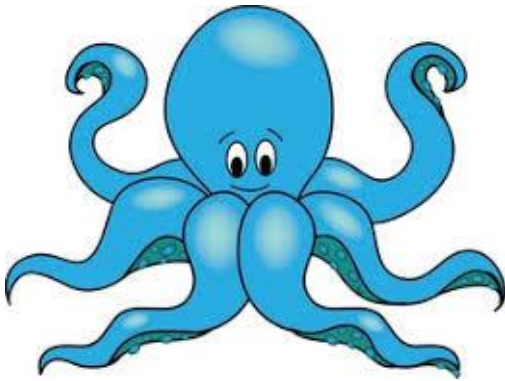
Gorilla Walk | Start in standing with both knees bent and with your hands at your chest. Take big wide steps forward while keeping legs bent. For added gross motor exercise, try beating your chest with your fist as you walk.



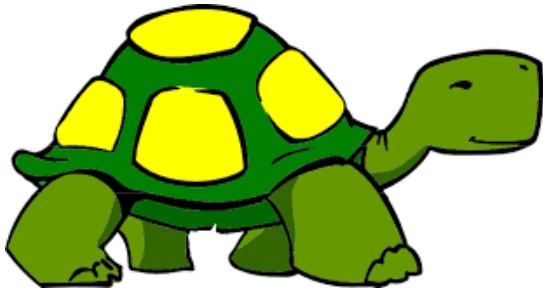
Inchworm Crawl | In standing, bend over and put both hands on the ground. Try touching the floor as close to your toes as you can. Then slowly walk your hands away from your feet, as far as you can. Walk your feet to your hands without moving your hands. Repeat.



Elephant Walk | Start in the standing position and bend over with your hands held together. Keep your back straight and parallel with the floor, hang your hands under your shoulders and swing them back and forth as you walk with straight legs across the floor.



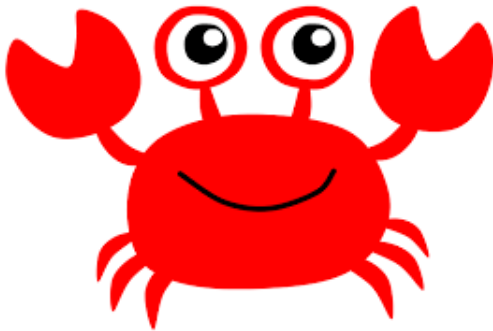
Octopus Wiggles | Start in sitting on the floor. Attempt to lift both legs off the ground at the same time while wiggling your legs and arms



Turtle Crawl | Crawl very slowly. Be sure to move your opposite arm and leg at the same time (i.e. right leg and left arm move forward at the same time)



Donkey Kicks | Start in the standing position. Bend over and put both hands on the ground. Shift your weight into your hands. When the area around you is clear, jump with your legs trying to get both feet off the ground.



Crab Walk | Start by sitting on the ground with knees bent. Place your hands on the ground behind you. Lift your bottom from the ground. Move sideways, while holding your bottom off the ground and keeping your back straight.



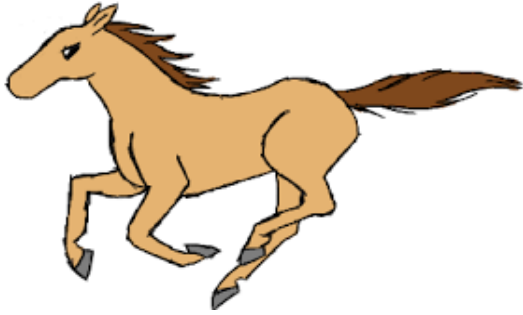
Frog Jumps | Start in the squatted position. Place your hands on the floor in between your knees. Using your feet, jump up and land first with your feet and then your hands on the ground.



Alligator | Lay on your belly and push up into a plank (arms and back should be straight). Inch hands and feet forward while keeping a plank position.



Snake Slither | Lay on your stomach. Put your hands down to your sides. Wiggle your hips and shoulders side to side, to move forward across the floor without using your hands.



Horse | Gallop. Make sure your lead foot stays in front of the trail foot. Try switching your lead foot.



Panda | The panda walk combines marching and overhead reaching. As your right knee raises up, reach to the ceiling with your left arm. As left knee raises, reach to the ceiling with your right arm. Alternate and repeat.



Lizard | Lay on your stomach. Move your body forward using your arms and legs. Be sure that you continue to make contact with your stomach to the floor.



Flamingo Hop | Hop on 1 foot forward. Repeat for your other foot.



Penguin | Lift your toes up off the ground so that you are standing only on your heels. Walk on only your heels forward and then backwards.