

Animal Workout

Set a timer for 1 minute - complete 40 seconds of movement and 20 seconds of rest.



FROG JUMP

Start with your hands & feet on the ground, hands between your feet. Jump up and down like a frog!



BEAR WALK

With your hands & feet on the floor and keeping the hips high, take a step using the left side. Switch and take a step using the right side.



ELEPHANT STOMP

March in place, stomping your feet like a heavy elephant!



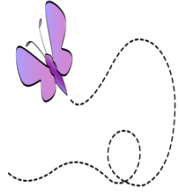
PENGUIN WADDLE

Keep your arms tight against the sides of your body and your knees locked, waddle side to side.



FLAMINGO HOP

Standing on only one foot like a flamingo, hop up and down. Now try it with the other foot.



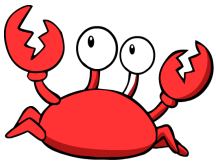
BUTTERFLY FLUTTER

Extend your arms to each side and gently move them up and down as you flutter around like a delicate butterfly.



CHEETAH RUN

Run in place as fast as you can!



CRAB SCUTTLE

Sitting down, place your hands on the ground behind you. Lift your hips up and move on your hands & feet.



PIG ROLL

Lay down on the ground and roll your body side to side like a pig playing in the mud!



OCTOPUS DANCE

While you are laying on your back, wiggle and jiggle your arms & legs!