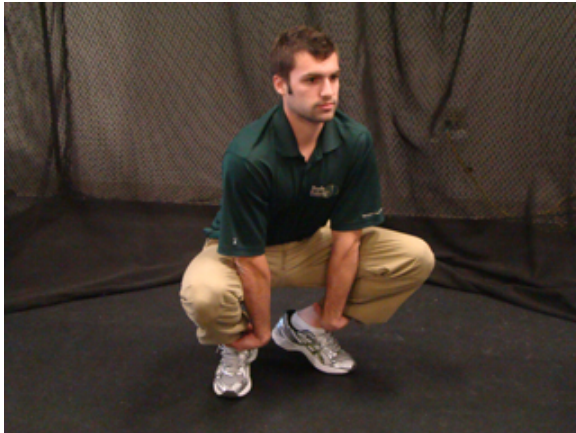




## Animal Warm Up



**Duck Walks** Stand with the feet slightly wider than shoulders and hands by thighs. Flex knees and hips to a squat and grab ankles. Now walk forward without letting go of your ankles.



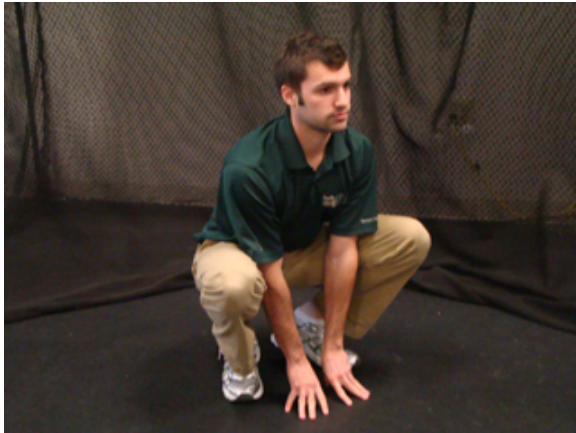
**Dog Walks** Get into a quadruped position on hands and feet. Keep your butt low. Now walk like a dog with strides shorter than a bear and more carefree than a panther



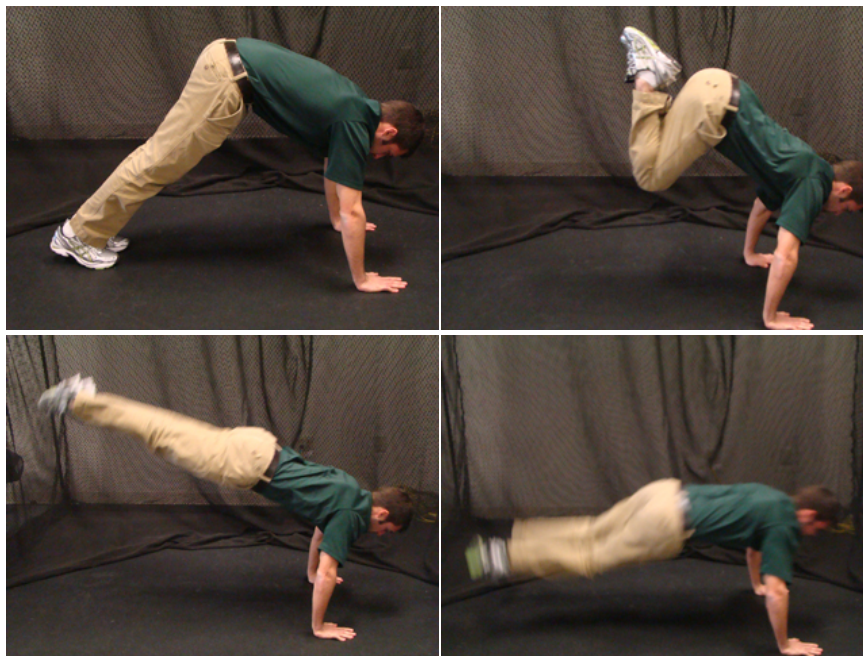
**Angry Cat** Get in quadruped position on your hands and knees. Using the abdominal muscles raise the mid-back up as high as you can. Hold for a 5 count. Return to the starting position



## Animal Warm Up



**Frog Jumps** Stand with your feet slightly wider than shoulders. Squat as deeply as you can and put your hands on the ground slightly in front of your knees. Now jump as high and as far as you can and land in the same position as you started in.



**Donkey Kicks** Get into a quadruped position on your hands and feet with body weight more on your hands. Keep your hands on the ground and “jump” up with your lower body, bringing your heels to the butt. Then quickly kick out and return to the quadruped position.





## Animal Warm Up



**Wolf Shuffle** Get into quadruped on your hands and knees. Move both hands then both feet in a weaving motion forward so that the body weaves to the right, then to the left.



**Panther Walks** Get into quadruped on your hands and feet. Move forward like a panther, very determined and remember that the feet and hands remain in line and the body should be low to the ground.



**Alligator Walks** Get into the push-up position and lower the body getting close to the ground as you can. Hands and toes are the only contact with the ground. Now move forward using the hands and toes alone.



## Animal Warm Up



**Duck Walks** Stand with the feet slightly wider than shoulders and hands by thighs. Flex knees and hips to a squat and grab ankles. Now walk forward without letting go of your ankles.



**Bear Crawls** Get into quadruped on your hands and feet. Keep butt lower and mimic the lumbering walk of a bear. Get good forward then work on backward.

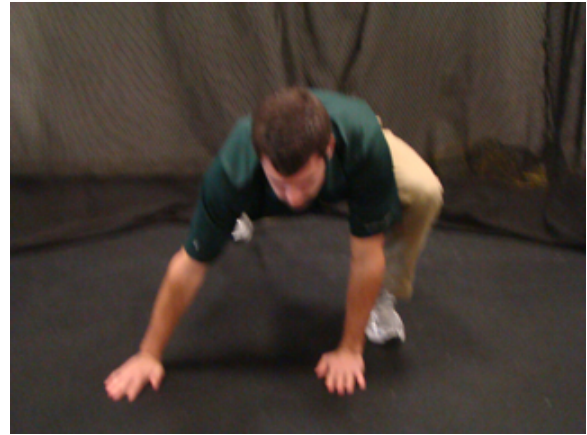
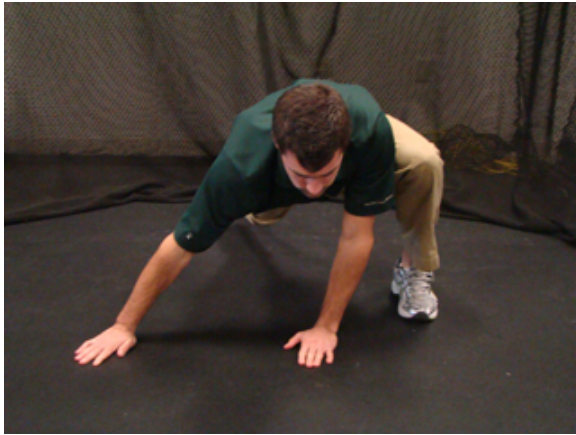


**Crab Walks** Get into quadruped facing up. Keep pelvis high using the glutes. Straighten the right leg, flex the right hip raising the leg as high as you can. Lower the leg to the start position and repeat with the other leg.





## Animal Warm Up



**Spider Crawls** Get into quadruped position with hands and feet on the ground. Keep butt and back parallel to the ground with no more than double body width high. Move forward in an alternating quadruped motion, but make sure the feet stay outside the hands.