

7 minute animal exercises

Do each animal movement for 45 seconds, with 15 seconds of rest in between.



Frog



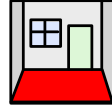
jumps



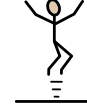
- Crouch



on



the floor



and jump

up like a



frog!



Bear



walk



- Hands



and feet



on



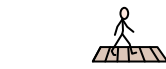
the floor,



hips



high



and walk



left



and right



Gorilla



shuffle



- In a low



sumo squat,

put your hands



on



the floor



and shuffle!



Starfish



jumps



- Jumping jacks with

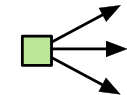


arms

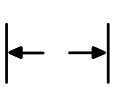
and



legs



spread



wide



Cheetah



run



- Run



in the same



place

as



FAST

as



you can!



Crab crawl



- Sit

with your



hands



on

the



floor



behind you.



Lift

off the



floor



and crawl



Elephant



stomps



- March

in place with



knees

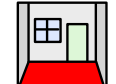


high

and



stomping



the floor