

Cut along dashed lines



BEAR Crawl!!

Bear crawl for
30 seconds

CRAB Walk Time!!



Crab walk for 30 seconds

Fold on solid line

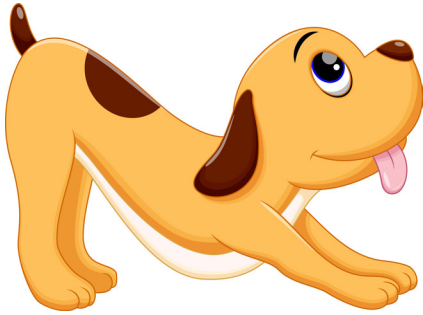
B

C

Cut along dashed lines

Fold on solid line

Downward DOG Stretch!!



Hold a downward dog pose for 30 seconds

D

FROG Jumps!!

Try to do 25
frog jumps



F

Cut along dashed lines

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HORSE High Knees!!

High knees for 30 seconds



KANGAROO Jumping Jacks!!

Try to do 30 jumping jacks



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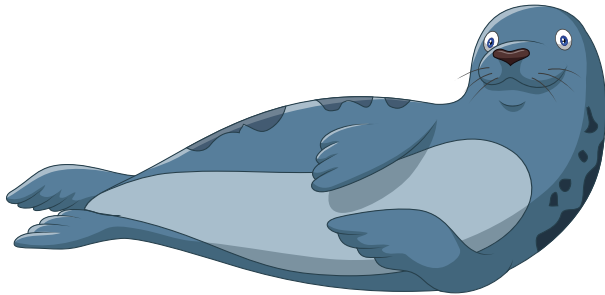
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PENGUIN Push-ups!!



Try to do 15 push-ups

SEAL Sit-ups!!



Try to do 30 sit-ups

P

S

Cut along dashed lines



YAK Yoga Stretch!!

Hold your
favorite stretch
for 30 seconds

Fold on solid line

Y