



# KidsRUN<sup>RVA</sup>



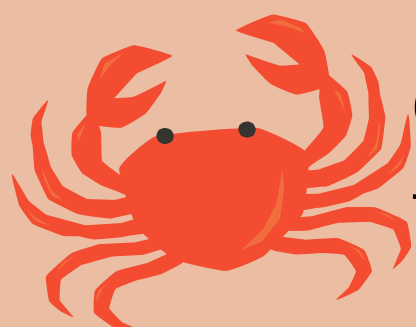
## ACTIVITY OF THE WEEK

### Animal Exercises

**Activity Instructions: Do each of the following animal exercises for 30 seconds each then pick your favorite one and do it one more time!**



**BEAR CRAWL:** Start on your hands and knees. Gently lift your knees 1 to 2 inches off the ground. Travel by crawling like a bear, keeping your back flat with your knees bent and close to the ground. Move forward, backward, and laterally.



**CRAB WALK:** Start on your bottom with your hands behind your back and legs bent at the knees. Lift your bottom off the ground. Keep your belly as parallel to the ground as possible. Move forward, backward, laterally like a crab.



**BUNNY HOP:** Keep two feet together and hop across the room like a bunny.



**FROG JUMP:** Start in deep squat with your hands on the ground. Jump up as high as you can with your hands and feet leaving ground at the same time. Land and return to starting position. This builds strength and endurance.



**INCHWORM:** Build strength by walking like an inchworm. Start in a standing position. Bend forward, lower your hands to ground, and keep your feet still as you walk out to a plank. From the plank, keep your hands still as you walk your feet in toward your hands.



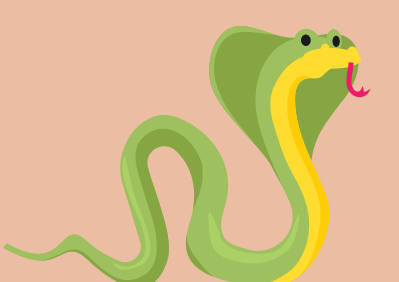
**SEAL CRAWL:** Start in cobra position—legs on the ground, belly and chest off the ground with hands on the ground at your sides. Crawl using only your hands, dragging legs behind to build strength.



**DUCK WADDLE:** Get your heartrate up by waddling like a duck!



**DOWNWARD DOG:** Starting from a plank position, lift your hips up towards the ceiling.



**COBRA:** Lie on your stomach, toes pointing straight back, hands underneath the shoulders, and elbows close to the body. Lift your head up toward the ceiling until your arms are fully extended.

**Got questions? Get answers by emailing**  
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