

ANIMAL MOVES

A few
moves
to play
with!



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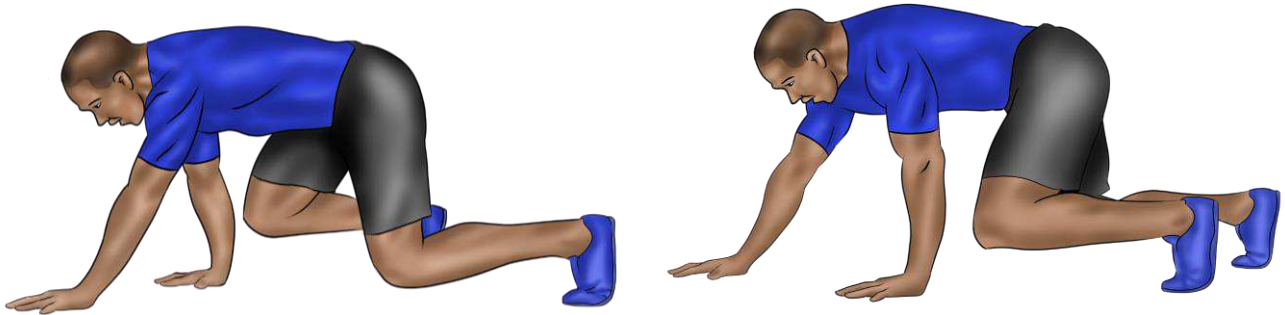
AIR SQUAT



INSTRUCTIONS:

1. Stand tall with feet shoulder-width apart.
2. Bend your knees and sit back as if you are going to sit on a chair.
3. Aim to keep the feet flat throughout the movement.
4. Reverse the movement and return back to the start position.
5. Repeat.

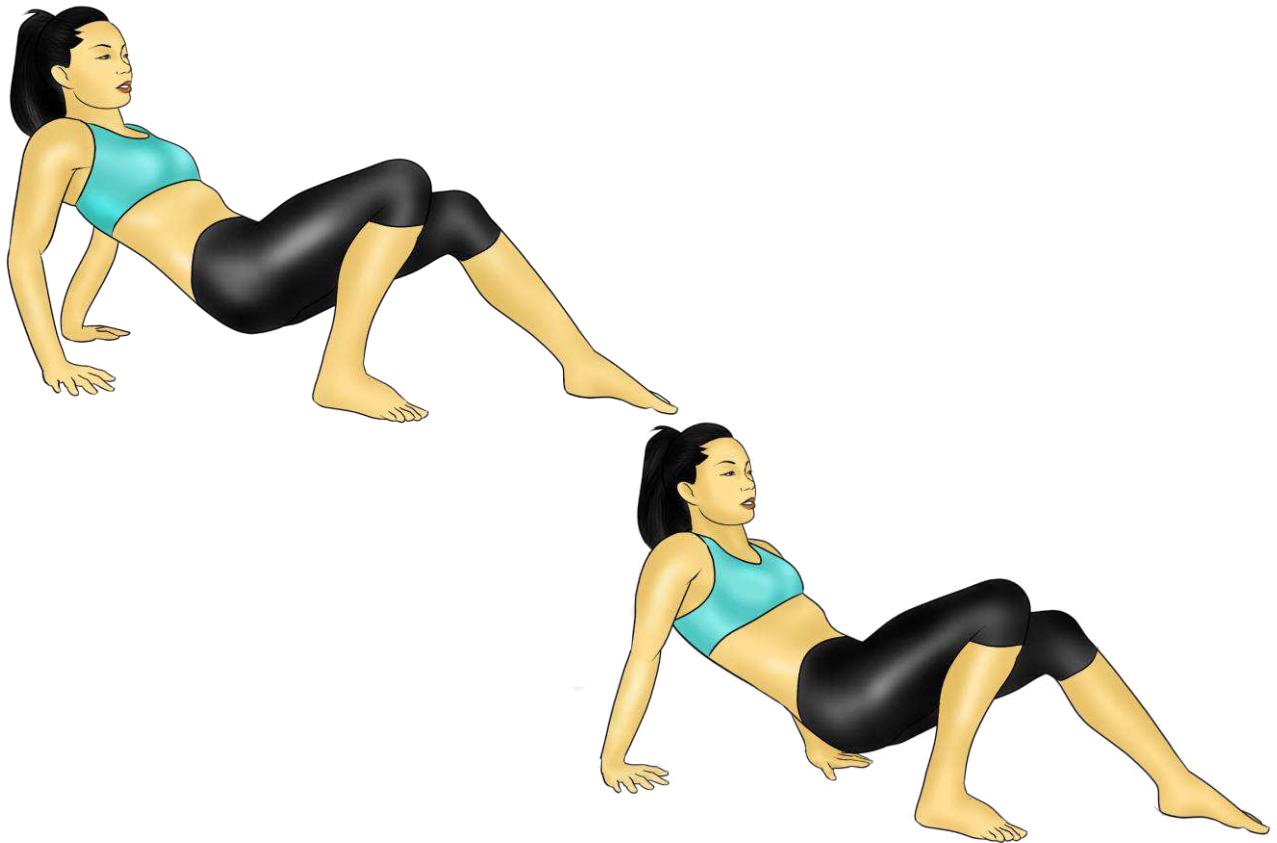
BEAR CRAWL



INSTRUCTIONS:

1. Crouch down with hands in front of you shoulder-width apart and feet behind you with hips up in the air and eyes forward.
2. Lift the knees and rise up onto the balls of the feet.
3. Start crawling using your hands and feet to propel forward.
4. The movement should be contralateral, that is, moving the opposite arm and leg as you go forward.
5. For example, start moving the right hand then left foot, left hand then the right foot to move forward.
6. Crawl for the allotted time.

CRAB WALK



INSTRUCTIONS:

1. Begin with your feet hip-distance apart in front of you and your arms behind your back with fingers facing hips.
2. Start walking using your hands and feet to propel forward.
3. The movement should be contralateral, that is, moving the opposite arm and leg.
4. For example, start moving the right foot then left hand, left foot then the right hand to move forward.
5. Walk for the allotted time.

CRANE POSE

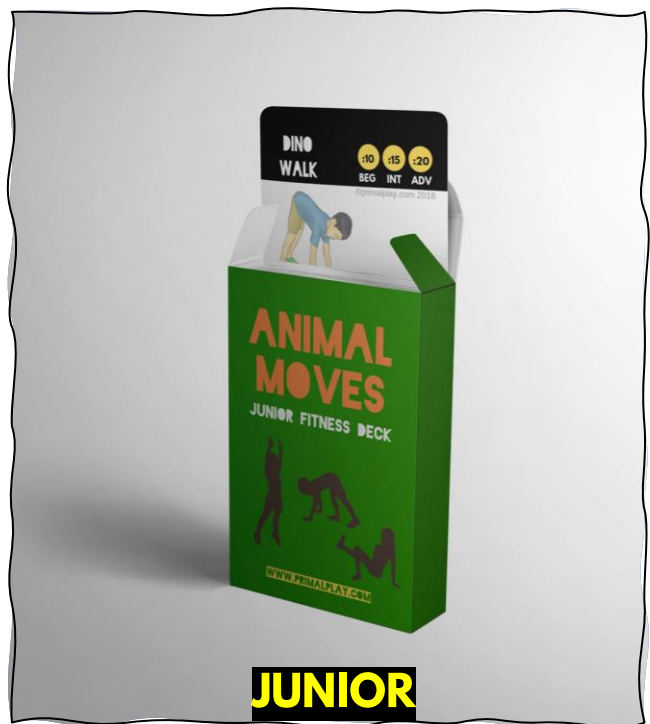


INSTRUCTIONS:

1. Stand tall with good posture.
2. Stand on one leg.
3. Raise the other leg's knee to hip height.
4. Keep the upper body as relaxed as possible.
5. Hold pose for half the allotted time (in seconds).
6. Repeat pose for the same time on the other leg.



ADULT



JUNIOR

ANIMAL MOVES DECK

Animal Moves Deck for ADULTS

Mix things up and have more fun with fitness.

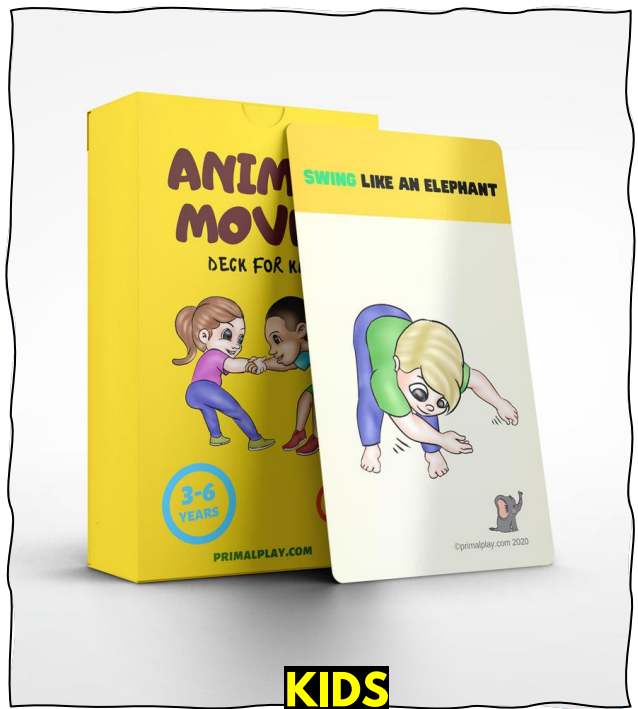
These fitness cards are a simple way to playout, anytime, anywhere. Cardio, strength, posture and mobility exercises inspired by the animal kingdom to boost power, conditioning and flexibility.

Animal Moves Deck for JUNIORS

Need a workout for older kids that feels like playtime? Challenge your children's fitness and train like an animal with moves inspired by the animal kingdom.

Useful for parents, teachers, daycare providers and youth coaches. Get your children to have more fun with fitness!

AnimalMovesDeck.com



ANIMAL MOVES DECK

Animal Moves Deck for OFFICE

Suitable for those who spend a lot of time sitting or standing at a desk who want to incorporate more movement into their workday

Move more at work. Research shows that taking a break to exercise during the workday can improve mood and productivity as well as reduce the risk of chronic lifestyle issues such as cardiovascular disease, cancer and type 2 diabetes.

Animal Moves Deck for KIDS

Invite children to explore and enjoy the world of movement while doing the most natural thing a child can do - PLAY.

You and your child will embark on an adventure that will be as exciting and varied as your child's imagination. The cards combine animal movement patterns with colourful illustrations to challenge your child with activity and games that inspire exploration, movement and creative play.

Available for shipping worldwide