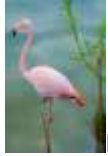


# Animal Conditioning



Flamingos: on a high releve (tiptoe), with other leg in high retire (parallel) Acro arm position (straight up, tight elbows, hands flat) hold for a count of 8 (at least) 8x on each side



Rabbits: tight slightly hollow straight jumps, toes pointed and arms in "Acro arms" position.  
10x



Frogs (on the spot) squat down, knees open, hands on floor between jump up to a slight star position returning to original position 10x



Inch worm: feet together, knees straight, reach forward to touch floor just in front of toes. Hold for 8. Walk 8 steps forward with hands to plank position, hold for 16, 8 steps in with feet to return to original starting position. It is important to keep knees straight during the exercise to help stretch hamstrings. Also tight core and bum to avoid swaying or drooping the back n tummy in plank.



Scorpion: standing tall with feet together reach forward into straight needle. As arm's reach towards the floor the leg travels up, toe to ceiling. Both legs remain straight and supporting leg heel remains on the floor. Hold for 8. Walk forward with hands 8 steps in arched needle (heel may lift) hold for 8. Bring top leg down to other foot and walk back in to hamstring stretch and hold for 8. Repeat other side. 10x each side



Caterpillar: starting on knees, body tall n core tight, arms in "Acro arms" position. Starting with hands round your body and slide forward onto the floor until ur laying flat. Elbows should be tucked under ribs and hands under shoulders. Push up to elbow plank position (keeping tight core n bum. No swaying in back or drooping in bum) hold for 16. Pull knees to elbow and repeat 10x



Seals: lie on your tummy legs together; hands in front beside your ears and push up; hold for count of 10, 3 times