

Set an interval timer and complete each animal movement for 45 seconds, with 15 seconds of rest in between. Do as many as you can!



### FROG JUMPS

Hop, hop, back and forth like a frog



### BEAR WALK

Hands & feet on the floor, hips high - walk left and right



### GORILLA SHUFFLE

Sink into a low sumo squat, with hands on the floor, shuffle around the room.



### STARFISH JUMPS

Jumping jacks as fast as you can, with arms and legs spread wide.



### CHEETAH RUN

Run in place, as FAST as you can! Just like the fastest animal in the Sahara.



### CRAB CRAWL

Sit and place your palms flat on the floor behind you near your hips. Lift up off the ground and crawl.



### ELEPHANT STOMPS

March in place lifting your knees as high as you can and stomping the ground as hard as you can!