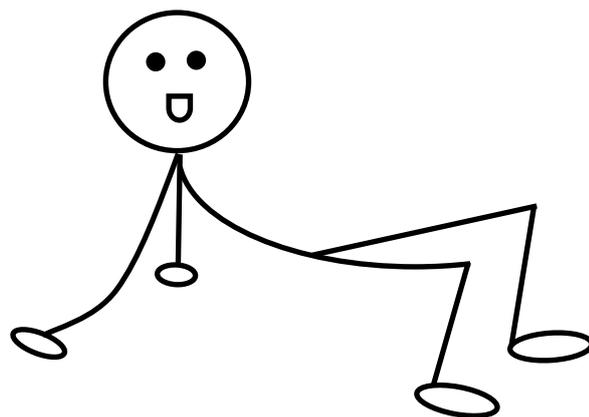


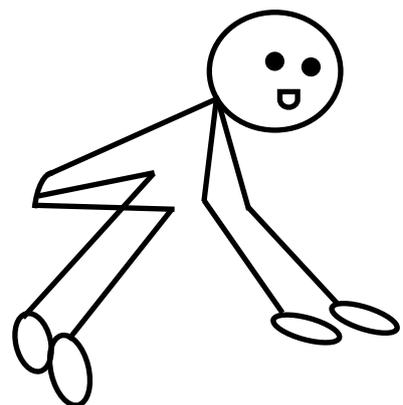
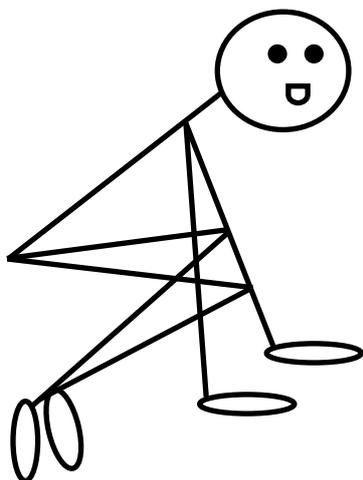
Squat, reach backward with the arms, and put both hands flat on the floor. Raise up until the head, neck, and body are in a straight line, then walk or run in this position.





Bunny

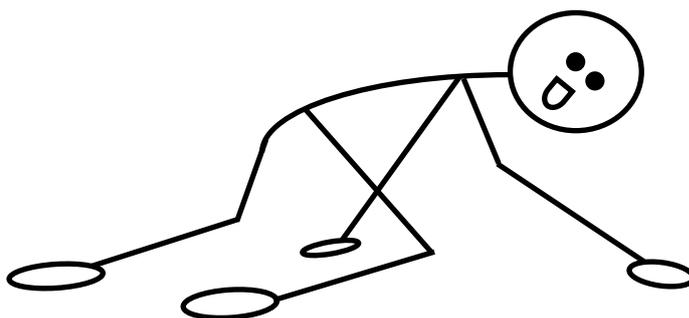
Squat low on heels and place hands palm down on floor. Move the hands forward and bring the feet forward between the hands with a little jump.



Bear



Assume creeping posture, progress forward and backwards moving arms and legs of same side simultaneously. Keep the head down.





Drop to a squat position. Place the palms of the hands on the floor, between the knees. Bear weight on the hands and kick the feet backward vigorously. When the feet hit the ground, stand erect and take two steps forward. Repeat sequence.

