

Bounce Heel-Toe Walk



High Step with Large Arm Circles



High Step with Arm Pump



High Step with Elbow Cross



High Step Buttock Kick



Straight Leg High Step with Toe Touch



Lunge with Twist



Side Lunge with Reach to Floor



Diagonal jog/hop

Inchworm



Spiderman



Dynamic Stabilization

- Single leg stance overhead side bend
- Single leg squat with hop
- Single leg stance lawn mower
- Double and single leg bounding
 - don't “jump like a girl”