

Movement Critical to Development

- ▶ Muscular Health
- ▶ Bone Density
- ▶ Joint Tracking
- ▶ Metabolism

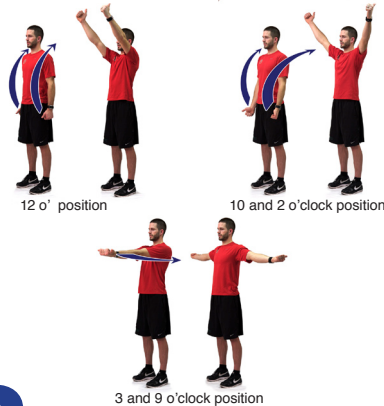
KNEE TO CHEST



1

10X each leg

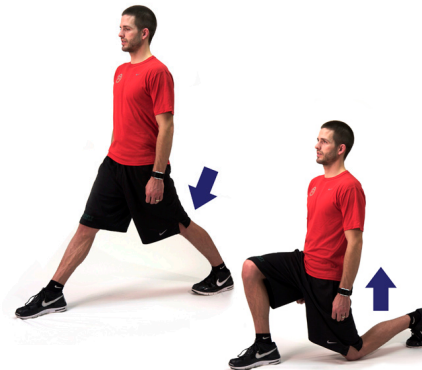
STANDING ACTIVE CLOCK



2

20X each position

STATIC LUNGE



3

10X each leg

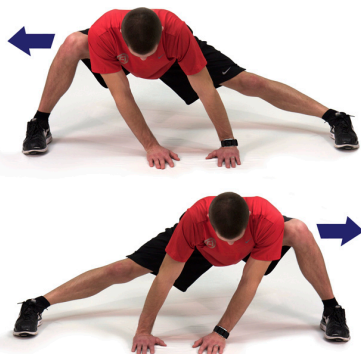
SITTING ACTIVE DIVA



4

20X each leg

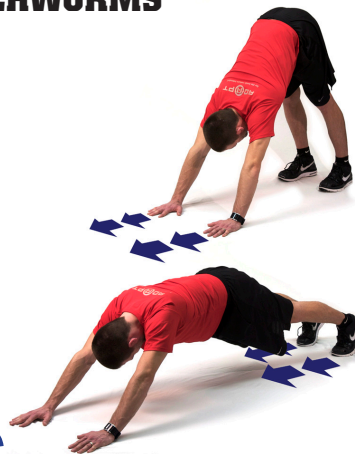
SPREADFOOT GLIDE



5

10X each leg

INCHWORMS



6

5X

REVERSE PULLOVERS



7

20X

FULL SQUATS



8

10X

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