

# ADAPT

GRADES K-5

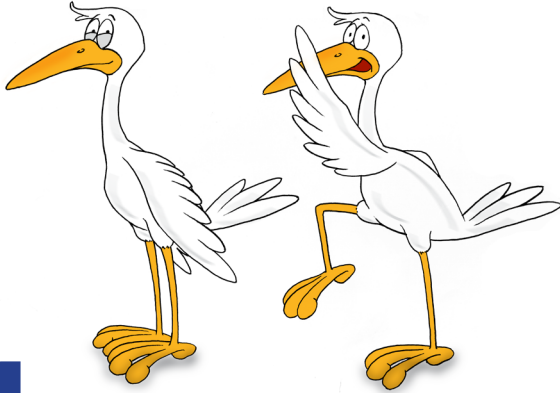
# ABCs™

ACTIVITY BASED CURRICULUM

## Movement Critical to Development

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

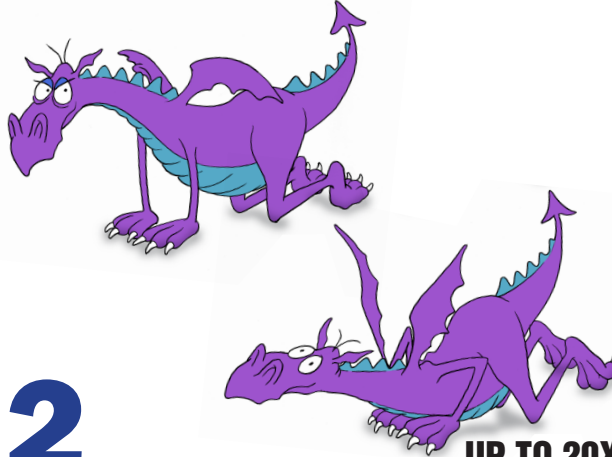
### STORK WALK



1

UP TO 20X

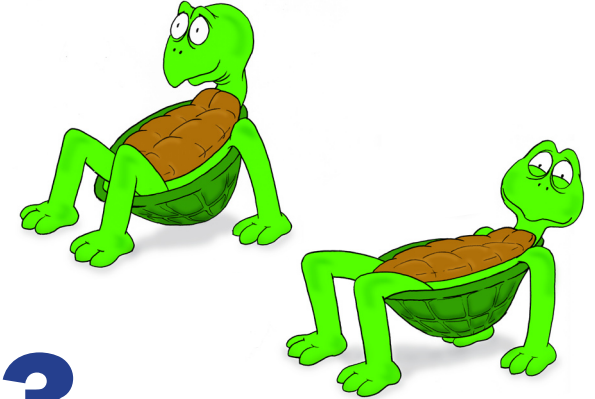
### DRAGON PUSH-UP



2

UP TO 20X

### ACTIVE TURTLE BRIDGE



3

UP TO 20X

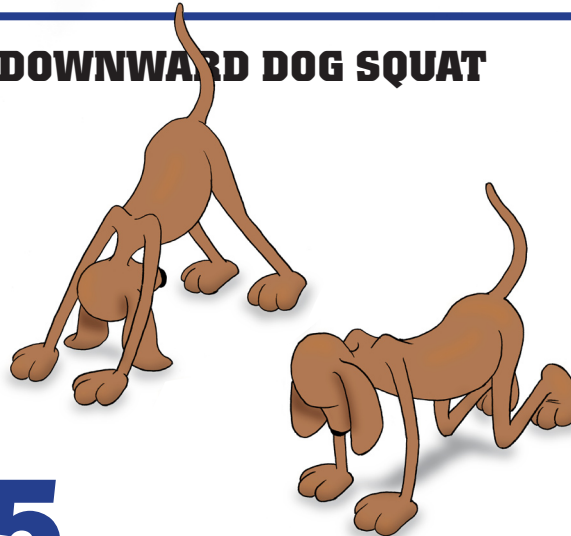
### GORILLA GLIDE



4

UP TO 20X

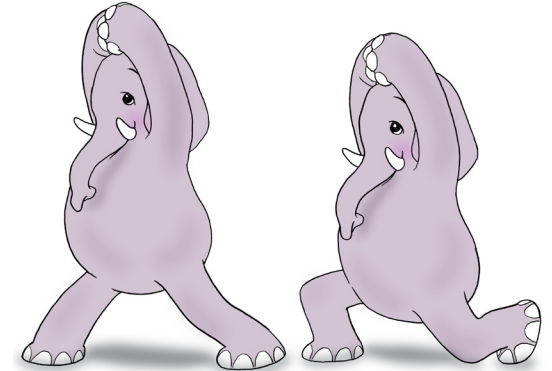
### DOWNWARD DOG SQUAT



5

UP TO 20X

### ELEPHANT LUNGE



6

UP TO 20X

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