

## Frog

From Mountain squat down with feet flat on the floor and hands flat on the floor. Youth may enjoy jumping, saying “ribbit” and having fun acting like frogs. Hold the position for 16 seconds if youth choose not to jump.



## Dog

From mountain, extend both feet behind you and make a v with your body. Heels do not need to touch the floor.



## Gorilla

From Frog position, stand up a little taller in a gorilla-like position, swinging arms back and forth. Youth will enjoy the chance to swing their arms and act like this animal. Swing arms back and forth at least 4 times, more if the youth are having fun.



## Warrior 1

From Dog position, bring your right foot up to between your hands, and slowly rise your body up until you are in a lunge position. The back foot should be turned away from the opposite foot, hips forward, and arms up. Hold for 8 seconds, return to dog position, and bring up left foot between hands, raise into a lunge, and turn right back foot away from the other as in picture below. Hold again for 8 seconds.

