

# Critter

## Parallel

1. Stork walk (work full ROM)
2. R Stork Walk (work full ROM)
3. L Stork Walk (work full ROM)
4. R Ant Eater (R lawn mower)
5. L Ant Eater (L lawn mower)
6. Crock Walk (Slow and Steady Full ROM belly 4 inch off ground)
7. Octopus (Fast)
8. Kangaroo splits (Scissor Jump 2 x 20 sec 10 sec rest btwn (Fast))
9. Reverse Octopus (Fast)
10. Sleeping Flamingo
11. R Scorpion Push Up (Fast)
12. Inch Worm (Slow and Steady Full ROM)
13. L Sleeping Flamingo
14. L Scorpion Push Up (Fast)
15. Gorilla Walk (Slow and Steady Full ROM)
16. Spider Walk (Slow and Steady Full ROM)
17. Gopher Pop's *Body Squat* (Fast)
18. Monkey Hop (Fast)
19. Gazelle *fast skip* (Fast)
20. Mountain Lion *Mt Climber* (Fast)
21. Peeing Dog (Fast)
22. Frog Walk *Reverse Burpee* (Slow and Steady Full ROM)
23. Possum *crunch* (Fast)
24. R lizard *hip ex* (Fast)
25. L lizard *hip ex* (Fast)
26. Fish *Wipers* (Fast)
27. Rabbit Hop *Burpee with hop* (Fast)
28. Sting Ray (AL prone-back ex.) (Slow and Steady Full ROM)
29. Antelope (Lateral bounds) (Fast)
30. Bumble Bee (Hip raise with pointing toes at top)