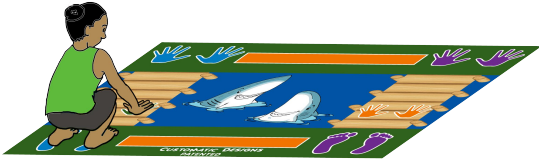


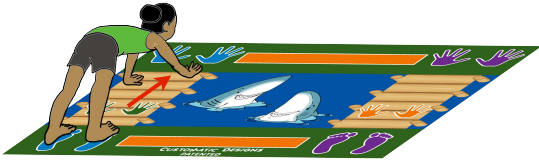
# Strong Body Walk



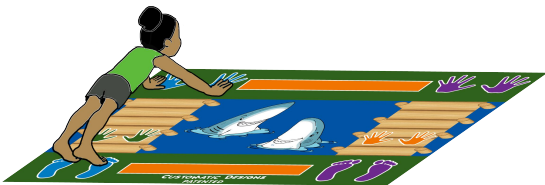
**1.** Stand on one set of colored feet.



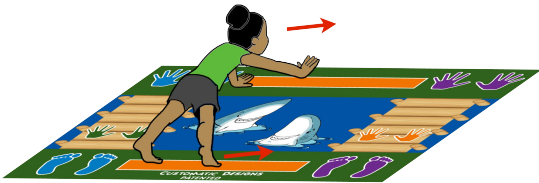
**2.** Squat down (bend knees, bottom down) and place flat hands on the set of hands on bridge. Make sure hands are flat.



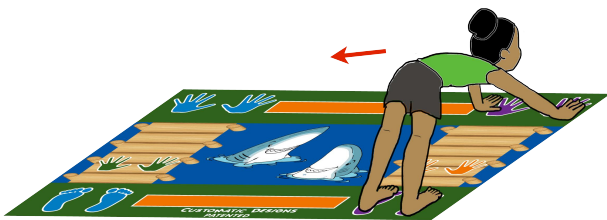
**3.** Walk hands forward across the bridge to colored hands at the end of the bridge. Be sure hands are flat, some children will try to go up on their thumbs.



**4.** Child will move to toes and be in push-up position.

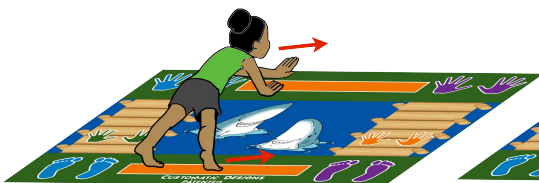


**5.** Begin to move hands and feet simultaneously sideways across the mat. Be sure hands and toes stay on the lines to remain in push-up position.

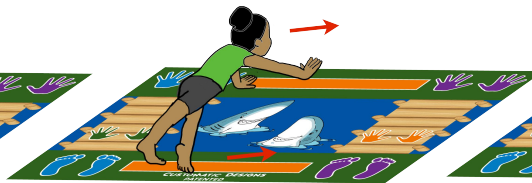


**6.** When they get to the end, walk hands across the bridge back towards feet, stand up.

## Variations



**1.** Cross hands only.



**2.** Cross feet only.



**3.** Cross hands and feet.

**Warning:** All mats and skills should only be used with adult supervision.