

## Movement Critical to Development

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

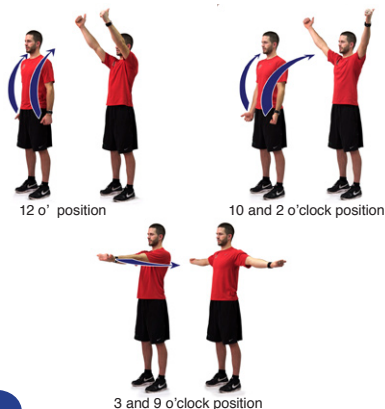
### KNEE TO CHEST



**1**

10X each leg

### STANDING ACTIVE CLOCK



**2**

20X each position

### STATIC LUNGE



**3**

10X each leg

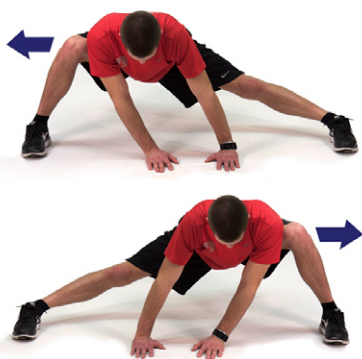
### SITTING ACTIVE DIVA



**4**

20X each leg

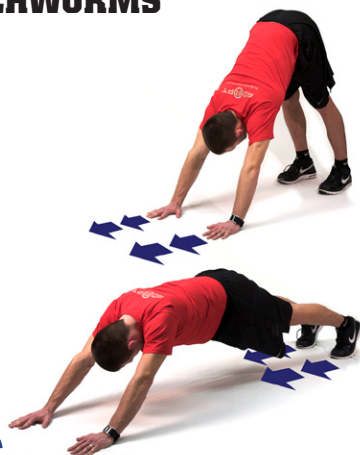
### SPREADFOOT GLIDE



**5**

10X each leg

### INCHWORMS



**6**

5X

### REVERSE PULLOVERS



**7**

20X

### FULL SQUATS



**8**

10X