

Tips From the Physical Therapist

Enrichment Packet 5

WHAT IS YOUR NAME?

Spell out your name, and complete the exercises that correspond with each letter.

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| A 10 air squats | N 10 newspaper opens |
| B 10 bird-dogs | O 10 overhead squats |
| C 10 crunches | P 10 second plank |
| D 10 deadlifts | Q 10 second quick feet |
| E 10 elbow to knee | R 10 russian twists |
| F 10 flutter kicks | S 10 star jumps |
| G 10 goblet squats | T 10 toe touches |
| H 10 hops forward | U 10 upper cuts |
| I 10 inch worm walks | V 10 seconds V-sit |
| J 10 jumping jacks | W 10 wide steps left/right |
| K 10 karate kicks | X 10 crisscross jumps |
| L 10 line hops | Y 10 yoga poses of your choice |
| M 10 feet monster walk | Z 10 feet zig zag steps |

Air Squat: Move from a standing to a squat position.

Bird Dog: On all 4s. Alternate reaching opposite hand and leg.

Crunch: lay on back with knees bent. Reach towards knees.

Deadlift: Start in a standing position. Pick up item off ground and return to a standing position.

Elbow to Knee: On back with knees bent, bring elbow to opposite knee.

Flutter Kick: Laying on back, Kick legs like swimming.

Goblet Squats: Stand with a wide stance.

Hop Forward: Hop forward 2-3 inches.

Inch Worm: Start standing. Reach toes, then walk hands out to a plank position. Then stand up.

Jumping Jacks: Start with hands at side, feet together. Then jump feet wide and raise arms above head.

Karate Kick: Kick leg forward, to the side, or backwards.

Line Hop: Hop over a line side to side.

Monster Walk: Take a wide stance and walk forward.

Newspaper Opens: Have hands together in front of you. Then spread arms as wide as they can go.

Overhead Squats: Reach arms overhead, and then squat.

Plank: Place hands directly under shoulders like at the start of a push-up.

Quick Feet: Pretend to run in place as fast as you can.

Russian Twist: Sit on the ground with knees bent. Reach to your left side, then twist and reach for something on right.

Star Jumps: Like a jumping jack, but try to jump higher.

Toe Touch: Standing and reaching for your toes.

Upper Cuts: Pretend to punch up and across body.

V-Sit: Sit on the ground. Lift legs so you are in a "V" shape.

Wide Steps Left/Right: Take a wide stance and walk left and right.

Criss Cross Jumps: Starting with feet together. Then alternate moving feet in opposite directions.

Yoga Pose of Your Choice: Do pose of your choice.

Zig Zag Steps: Walking sideways in the direction of the letter "Z"