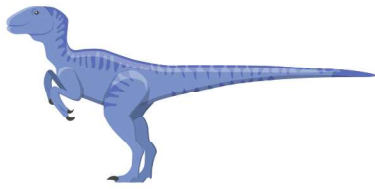
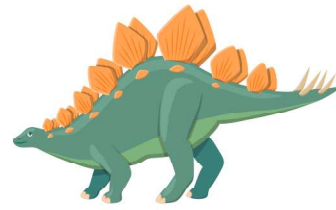


DINOSAUR WORKOUT FOR KIDS



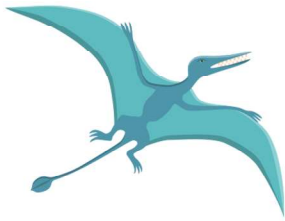
VELOCIRAPTOR RUN

Run in place as fast as you can!



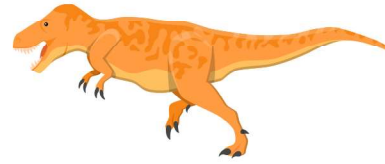
STEGOSAURUS WALKS

On your hands & feet, hips high, walk forward and back, stomping loudly



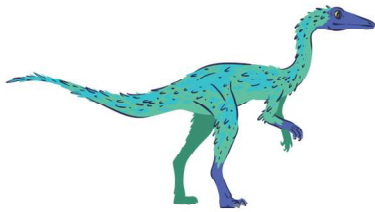
PTERODACTYL TAKE OFF

Spread your arms wide and move them quickly in a circle, jump up and down as high as you can



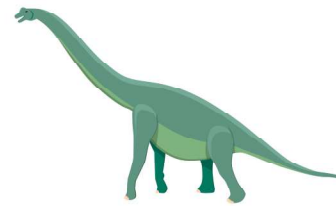
T-REX RUN

Put your elbows in your armpits and run in place lifting your knees as high as you can



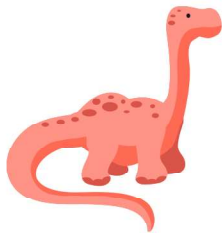
COMPSOGNATHUS PRANCE

Jump left & right, crossing one leg behind the other as you move.



BRACHIOSAURUS STRETCH

Stand up straight, stretch as tall as you can with your arms up standing on your tip toes
How far can you reach?



THE DIPLODOCUS

Start on your hands & knees., stretch your left leg behind you and your right arm in front of you. Move your leg up, down, left, & right. Then switch sides and repeat.



SPINOSAURUS STRETCH.

Draw your belly to your spine and round your back toward the ceiling. Your back should be in an arch-like shape, similar the spines on the spinosaurus' back.