

FROG JUMP



WALK LIKE A CHICKEN

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A man with a beard and glasses, wearing a grey long-sleeved shirt and khaki shorts, is performing a crab walk exercise on a light-colored gymnasium floor. He is lying on his back with his knees bent and feet flat on the floor, supporting his weight with his hands. The floor has blue and black lines. The text "CRAB WALK" is overlaid in large, bold, dark red letters at the bottom of the image.

CRAB WALK

WALK LIKE A MONKEY



A man in a grey hoodie and khaki shorts is hopping in a school hallway. The hallway has blue lockers on the left and a whiteboard on the right. The floor is polished and reflects the lights. The man is in the center of the frame, moving towards the camera.

HOP LIKE A BUNNY!

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