

WOULD YOU RATHER?

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Level 1



Level 2

Level 1



Level 2



**Cross Lateral
Exercises**



Level 1

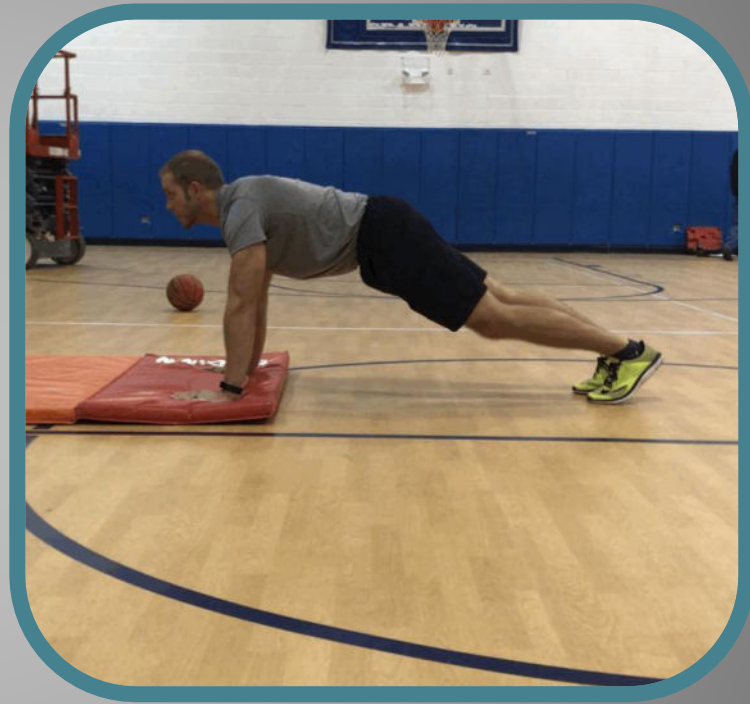


Level 2

Cross Lateral Exercises



Level 1



Level 2

**Cross Lateral
Exercises**

Side Leap Toe Touch:

Can you hold your
balance for 5 seconds?
Then switch!

Right hand touches left
foot,
Left hand touches right
foot



**Cross Lateral
Exercises**

Crossing the midline of your body helps build pathways in the brain and is important in order to develop various motor and cognitive skills, including reading, writing, taking care of yourself and participating in sports & physical activities. These skills require a type of coordination that comes from experience with “cross-lateral motion,” which is movement involving the left arm and right leg, or the right arm and left leg at the same time.

Congratulations!

You just improved your “cross-lateral” skills!!