



JUNGLE JOG



PURPOSE

- Improves fitness
- Improves coordination



INSTRUCTIONS

1. JOGGING: Jog on the spot
2. HIGH KNEES: Lift your knees up higher (up as high as your hips)
3. BUTT KICKS: Kick your feet up behind you to kick your bottom



WATCH FOR

- Chest upright & back straight
- Squeezing tummy muscles



MODIFICATIONS

- Do Jungle Jog slower, making sure your body stays upright and strong
- Seated: Do seated jogging with your arms (and legs if possible)



MORE CHALLENGING

- Speed it up!



MAKE IT MULTI-SENSORY

- Imagine jogging through the jungle. What might you see? What might you smell?

