**Animal Exercises and Stretches**(Ctrl+Click to follow each link to a video and instructions)

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| **Animal Exercise Cards**[Bear Crawl](http://earthconservant.com/exercises/bear-crawl/)[Release the Beast](http://earthconservant.com/exercises/beast/)[Butterfly sit-ups](http://earthconservant.com/exercises/lemur-situps/)[Dragonfly](http://earthconservant.com/exercises/dragonflys/)[Elephants Can’t Jump (High Knees)](http://earthconservant.com/exercises/elephants-cant-jump/)[Flamingo Squats](http://earthconservant.com/exercises/flamingo-squats/)[Flyaways](http://earthconservant.com/exercises/kingfisher/)[Frog Hops](http://earthconservant.com/exercises/frog-jumps/)[Giraffe Reach Downs](http://earthconservant.com/exercises/giraffe-reach-down/)[Rhino Charge](http://earthconservant.com/exercises/rhino-charge/)[Lion push-ups](http://earthconservant.com/exercises/lion-pushup/)[Zebra kicks](http://earthconservant.com/exercises/donkey-kicks/)[Zookeeper Burpees](http://earthconservant.com/exercises/zookeepers/)[ZooMakers](http://earthconservant.com/exercises/zookeeper-makers/)[Lizard Wall Crawl](http://earthconservant.com/exercises/lizard-wall-crawl/)[Peacock Jacks](http://earthconservant.com/exercises/peacock-jacks/)[Stork Walk](http://earthconservant.com/exercises/stork-walk/)[Stampede](http://earthconservant.com/exercises/bison-stampede/)[Gorilla Lunges](http://earthconservant.com/exercises/gorilla-lunges/)[Ostrich Pike Push-up](http://earthconservant.com/exercises/ostrich-pike-push-up/)[Raptor Keeper Walk](http://earthconservant.com/exercises/velociraptor-keeper-walk-pratt-keeping/)[Zookeeper Carries (Farmer Carries)](http://earthconservant.com/exercises/zookeeper-carries/)[Condor Combo](http://earthconservant.com/exercises/condor-combo/)[Chameleon Cross-overs](http://earthconservant.com/exercises/chameleon-cross-overs/)[Kangaroo jumps](http://earthconservant.com/exercises/kangaroo-jumps/)**Ocean Edition**[Shark Dart](http://earthconservant.com/exercises/shark-dart/)[Stingray Shuffle](http://earthconservant.com/exercises/stingray-shuffle/)[Crab Toe Touches](http://earthconservant.com/exercises/crab-walk/)[Dolphin Jumps](http://earthconservant.com/exercises/dolphin-jumps/)[Sea Lion Jacks](http://earthconservant.com/exercises/sea-lion-jacks/)[Penguin Crunches (oblique crunches)](http://earthconservant.com/exercises/penguin-crunches/)[Spyhops](http://earthconservant.com/exercises/spyhops/)[Sea Star Crunches](http://earthconservant.com/exercises/sea-star-crunches/)[Swimmers](http://earthconservant.com/exercises/swimmers/)[Rising Tide Plank](http://earthconservant.com/exercises/rising-tide-plank/)[On Thin Ice](http://earthconservant.com/exercises/on-thin-ice)[Aquarist Kicks](http://earthconservant.com/exercises/aquarist-kicks)[Octopus push-ups](http://earthconservant.com/exercises/apatasaurus-push-ups/)[Duck Walks](http://earthconservant.com/exercises/duck-walks/)[Frog push-ups](http://earthconservant.com/exercises/frog-pushups/) | **Stretches**[Hippy Knee Huggers](http://earthconservant.com/exercises/hippy-knee-huggers)[Scorpion Stretch](http://earthconservant.com/exercises/scorpion-stretch/)[Pigeon](http://earthconservant.com/exercises/pigeon/)[Cat-Cow](http://earthconservant.com/exercises/cat-cow/)[Preening Bird Stretch](http://earthconservant.com/exercises/preening-bird-stretch/)[Crane Lift](http://earthconservant.com/exercises/crane-lift)[Inchworms](http://earthconservant.com/exercises/inch-worms/)[Tree Pose](http://earthconservant.com/exercises/tree-pose)**Non-Exercise Card bonuses**[Alpha Wolves (fire hydrants)](http://earthconservant.com/exercises/alpha-dogs/)[Alligator Walk](http://earthconservant.com/exercises/alligator-walk/)[Upside Down Beetle](http://earthconservant.com/exercises/upside-down-beetle-dead-bug/)[Beeline](http://earthconservant.com/exercises/bee-line/)[Grasshopper](http://earthconservant.com/exercises/grasshopper/)[Macaw Lift Trios](http://earthconservant.com/exercises/macaw-wing-lifts/)[Mouse Raises (Calf Raises)](http://earthconservant.com/exercises/mouse-raises-calf-raises/)[Armadillo Rolls](http://earthconservant.com/exercises/armadillo-rolls/)[Squat Jacks](http://earthconservant.com/exercises/squat-jacks/)[Praying Mantis](http://earthconservant.com/exercises/praying-mantis/)[Rhino Row](http://earthconservant.com/exercises/rhino-row/)[Sidewinder](http://earthconservant.com/exercises/sidewinder-2/)[Snail Bridge](http://earthconservant.com/exercises/snail-bridge/)[Spider plank](http://earthconservant.com/exercises/spider-plank/)[Tree Hugger Sit](http://earthconservant.com/exercises/tree-hugger-sit)[Scorpion “Strike”](http://earthconservant.com/exercises/scorpion-strike)[Bicycle Crunches](http://earthconservant.com/exercises/bicycle-crunches)[Eco-tourism Toe Touches](http://earthconservant.com/exercises/eco-tourism-toe-touches)[Volunteer V-ups](http://earthconservant.com/exercises/volunteer-v-ups)[Plant-a-Tree T-Twists](http://earthconservant.com/exercises/plant-a-tree-t-twists)[Bird-dog](http://earthconservant.com/exercises/bird-dog) |