**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) |