



The Body Challenges:

The following is a collection of body challenges in three groups. Think of them as puzzles your child will be solving with his or her body. Within each category, they are placed in a rough progression with the easiest ones in the beginning. When helping your child choose, observe to see if he or she can perform the movement with good posture and through the same range of motion that Greg Thompson demonstrates in the video clip. If they are wobbly or cannot perform the movement, help them pick an easier one.

1. Planks:

Planking is a movement category designed to strength the core muscles that connect our upper and lower body. When the upper body applies force it must rely on the core and lower body for its foundation to push against or pull toward. There are two levels within our plank category.

Level One: Static

The beginning planks are static. **When perform static planks, your child should try to hold their plank position with body stillness as long as they can with good form and without wobbling.** When they began to compromise their form, it is time to rest.

Level Two: Plank-complex

I call the advanced level plank-complex movements. They involve **moving various body parts while maintaining muscular tension in their core.** These movements are physical puzzles your child will enjoy solving. Again, when movement quality is compromised, it is time to rest.

2. Crawls

Crawls are movements designed to use the upper body and lower body in unison. The details are important. Watch each crawl carefully with your child so that they can perform them with precision.

3. Push-Ups

Watch the video clip with push-up form tips before beginning. Your child should select a level at which they can comfortably perform 8-10 repetitions before they fatigue. Be fussy about how low they go and spinal posture. They

will be good at what they practice. If they practice with good form, they will gain strength and confidence quickly.

MOVEMENT CHALLENGES

1. PLANKS

STATIC PLANKS

Plank- Forearms –Knees

<http://www.youtube.com/watch?v=NXR07-65lag>

Side Plank- Forearm-Knees

<http://www.youtube.com/watch?v=fgFLyZ7HrtU>

Side Plank- Forearm-Knees

<http://www.youtube.com/watch?v=fgFLyZ7HrtU>

Plank- Forearms-Feet

http://www.youtube.com/watch?v=xGIVKYU_-IA

Side Plank- Forearm- feet (in staggered position)

<http://www.youtube.com/watch?v=c1wuZK4mA5c>

Side Plank- Forearm-Feet (in stacked position)

<http://www.youtube.com/watch?v=OjXt8jC09dM>

Plank- Hands-Feet

<http://www.youtube.com/watch?v=bhRPNWbScu4>

Side Plank- Hand-Feet (in staggered position)

<http://www.youtube.com/watch?v=2qVeeDzgX6U>

Side Plank- Hand-Feet (in stacked position)

<http://www.youtube.com/watch?v=LSqnCkolsL4>

Side Plank- Hand-Feet (hand in elevated position)

http://www.youtube.com/watch?v=m7kGUZz_J9M

PLANK COMPLEX

Plank- Kangaroo Legs

<http://www.youtube.com/watch?v=QsCfxGCBYPE>

Plank- Three-Legged Spider

<http://www.youtube.com/watch?v=bkpf03R93Wk>

Plank with Narrow-wide jumps

<http://www.youtube.com/watch?v=ERJW2ixRC5I>

Plank with Leg-twister jumps

http://www.youtube.com/watch?v=yFEoxP_gp7I

Plank with Mountain climber legs

<http://www.youtube.com/watch?v=GpeVp-NOWQ>

Prone Hot-Footed Lizard (front side touches)

<http://www.youtube.com/watch?v=jd3MlphPt0A>

Prone Hot-Footed Lizard (back side touches)

http://www.youtube.com/watch?v=Dx5-2tN_gFE

Supine Hot-Footed Lizard (front side touches)

<http://www.youtube.com/watch?v=uSCCjotonig>

Supine Hot-Footed Lizard (back side touches)

<http://www.youtube.com/watch?v=L5EBODMAAZs>

Hip Hikes- Alternating

<http://www.youtube.com/watch?v=bCqtP8ZqJhE>

Prone Turtle

<http://www.youtube.com/watch?v=zx-HrBHxGg4>

Supine Turtle

<http://www.youtube.com/watch?v=7aFx3PzahyQ>

Super Turtle

<http://www.youtube.com/watch?v=Ipa03QAjMWA>

Hip Slides

<http://www.youtube.com/watch?v=x5-J5gWVxv0>

Hip Hikes- One hand supporting

<http://www.youtube.com/watch?v=u3vok6bbQYo>

Donkey Kicks

<http://www.youtube.com/watch?v=0ZxiLJrbFwA>

2. CRAWLS

Crocodile Crawl

http://www.youtube.com/watch?v=aI_MxQExX98

Bear Crawl

<http://www.youtube.com/watch?v=LdNrUD3GXAg>

Backward Bear Crawl

<http://www.youtube.com/watch?v=bbGQYNfIZBQ>

Dinosaur Crawl

http://www.youtube.com/watch?v=kmVA_LLdS6Q

Inch Worm

<http://www.youtube.com/watch?v=O-zpABjJBvA>

Backward Inch Worm

<http://www.youtube.com/watch?v=1-90oLDD8l0>

3. PUSH-UPS

Push Up Form Tips

<http://www.youtube.com/watch?v=J67A8RkThaY>

Push-up- Elevated hands

<http://www.youtube.com/watch?v=2FZ3X2TkM5Y>

Push-up- Knee-based

<http://www.youtube.com/watch?v=X1tViC4KVq8>

Push-up- Knee-based with alternating hands

<http://www.youtube.com/watch?v=qFqIGjQPRAM>

Push-up- Alternating Knee-based

<http://www.youtube.com/watch?v=minmuu7Njk8>

Push-up – Foot-based

<http://www.youtube.com/watch?v=EgssVSjGHDU>

Push-up- Alternating Knee-drives

<http://www.youtube.com/watch?v=aYjpG3K18Rs>

Push-up with narrow-wide jumps

<http://www.youtube.com/watch?v=ZLQSKxHjD5c>

Push-up with windshield wiper jumps

<http://www.youtube.com/watch?v=v80vFMicv-g>

Push-up with leg-twister jumps

<http://www.youtube.com/watch?v=5H5UQMzgX-0>

Push-up with kangaroo jumps

<http://www.youtube.com/watch?v=dt96C3iMzew>

Push-up with mountain climber legs

<http://www.youtube.com/watch?v=qDUWZGzr5Oo>

Push-up with scorpion leg-lifts

<http://www.youtube.com/watch?v=5H5UQMzgX-0>

Push-up – Foot-based with alternating hands

<http://www.youtube.com/watch?v=Yr--oAS8MI>