

# Movin & Groovin with Erin



## CHEETAH RUN

 **AUTISM SOCIETY**  
*Improving the Lives of All Affected by Autism*  
*Greater Akron*



# Beginner Cheetah Run



Start by standing straight up with your feet shoulder width apart. Then raise your left leg by bending your knee and flex your right elbow at the same time like you would when running. Then put both feet down for a slight pause. Then switch your legs by placing your left leg down and raising your right leg at the same time. Also, as you are switching legs, switch your arms by straightening your right arm back to your side and then flex your left elbow. Repeat the movement 10 times (5 each leg).



Standing straight up with feet shoulder width apart



Raise left leg & right arm



Pause for a second so that both feet are on the ground



Raise right left & left arm & then repeat movement



# Intermediate Cheetah Run



Start by standing straight up with your feet shoulder width apart. Then raise your left leg by bending your knee and flex your right elbow at the same time like you would when running. Then switch your legs by placing your left leg down and raising your right leg at the same time. Also, as you are switching legs, switch your arms by straightening your right arm back to your side and then flex your left elbow. Both feet will not be on the ground at the same time. Repeat the movement 10 times (5 each leg).



Standing straight up with feet shoulder width apart



Raise left leg & right arm



Switch without letting both feet touch the ground & raise right leg & left arm, then repeat movement



# Advanced Cheetah Run



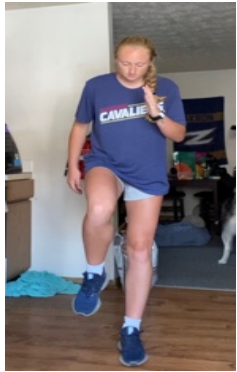
Same movement as intermediate but touch your toes after 6 leg switches (each leg 3 times). Repeat movements 3 times.



Standing straight up with feet shoulder width apart



Raise left leg & right arm



Switch without letting both feet touch the ground & raise right leg & left arm



After 3 on each leg, touch your toes



Stand up & repeat movement