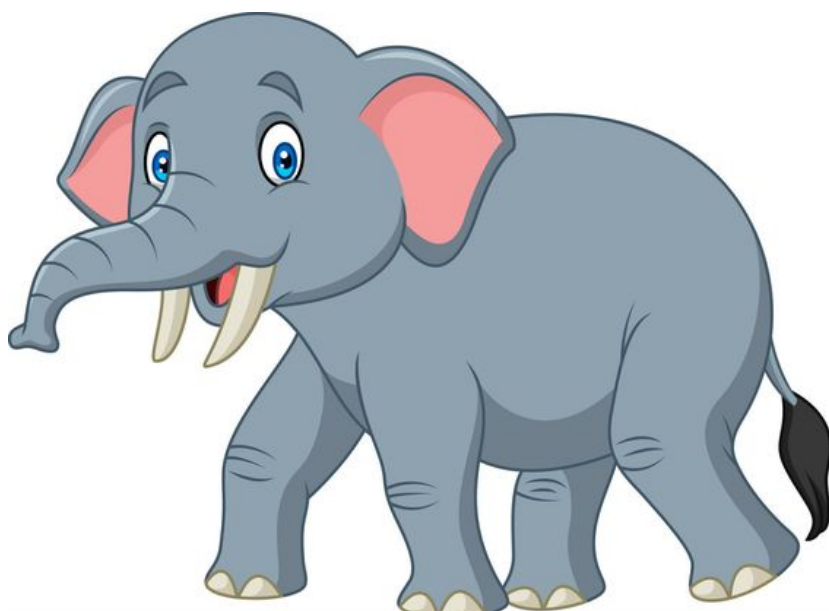


# Movin & Groovin with Erin



## ELEPHANT STOMP

 **AUTISM SOCIETY**

*Improving the Lives of All Affected by Autism*

*Greater Akron*



# Beginner Elephant Stomp



Start by standing straight up with feet shoulder width apart. Then raise your right leg and bend your left elbow at the same time. Then, without letting both feet touch the ground at the same time, raise your left leg and bend your right elbow. This is marching in place. Repeat this movement 5 times (10 total but 5 each leg).



Standing straight, feet shoulder width apart



Raise right leg & bend left arm



Raise left leg & bend right arm & repeat movement

# Intermediate Elephant Stomp

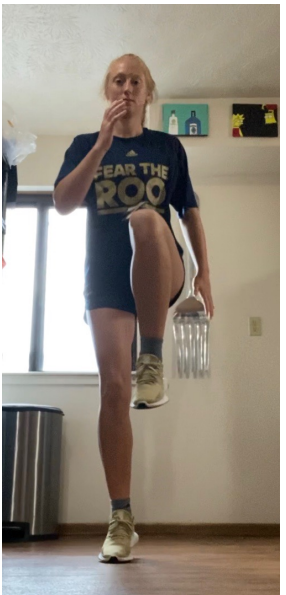
Same movement as the beginner level, but instead of marching in place, we are going to be doing high knees. This will be more fast paced than the beginner level. It is similar to running in place, but make sure you get your knees up. Make sure you watch the video for this exercise since the description is so similar to the beginner level. Repeat movement 5 times (10 total but 5 on each leg).



Standing straight, feet shoulder width apart



Quickly raise right leg & bend left arm



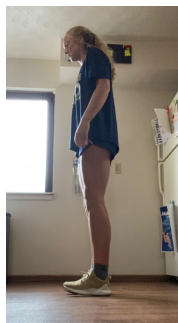
Without letting both feet touch the ground, hop so that your left leg is now raised & right arm is bent & repeat movement



# Advanced Elephant Stomp



Same movement as intermediate level except after 4 total switches (so being on each leg twice), you are going to turn completely around (180-degrees) and repeat the movement. Do this twice so that you finish in the same place you started.



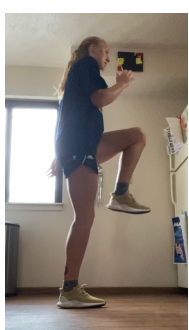
Standing straight, feet shoulder width apart



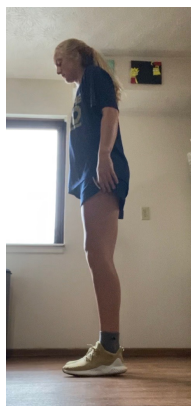
Raise right leg & left arm, then switch & raise left leg & right arm (switch 4 times total)



After 4 switches, turn around 180-degrees



Raise right leg & left arm, then switch & raise left leg & right arm (switch 4 times total)



After 4 switches, turn around 180-degrees & repeat movement