

Movin & Groovin with Erin



MONKEY CLIMBS

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



Beginner Monkey Climbs



Start standing straight with your legs shoulder width apart. Bend both arms at the elbow and hold your hands out in front of you. Then raise your right arm with your elbow still bent and raise your left leg at the same time. Then put those down and pause for a second. Now, switch by raising your left arm into the air with your elbow still bent and raise your right leg up. Repeat the movement 5 times (10 total but 5 each leg).



Start standing straight

Bend both arms at elbow

Raise right arm & left leg

Lower arm & leg & pause

Raise left arm & right leg

Go back to starting position
& repeat movement



Intermediate Monkey Climbs



Start standing straight with legs shoulder width apart. Bend both arms at the elbow and hold your hands out in front of you. The only difference from beginner with this movement is that when you raise each arm, you are going to extend the arm above your head. So you will raise your right arm above your head and raise your left leg at the same time. Then put both down and pause for a second. Then raise your left arm above your head and raise your right leg. Repeat this movement 5 times (10 total but 5 each leg).



Start standing straight



Bend both arms at elbow



Raise right arm above head
& raise left leg



Lower arm & leg & pause



Raise left arm above head & right leg



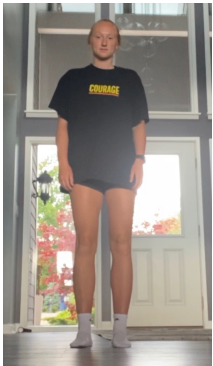
Go back to starting position
& repeat movement



Advanced Monkey Climbs



Start standing straight with your legs shoulder width apart. Bend both arms at the elbow and hold your hands out in front of you. Then raise your right arm above your head and raise your left leg at the same time. The only different with this level is that you are not going to pause and have both feet on the ground at the same time. So while your right arm and left leg are raised, you are going to jump onto your right leg and put your left arm up while putting the others down. Repeat this movement 5 times (10 total but 5 each leg).



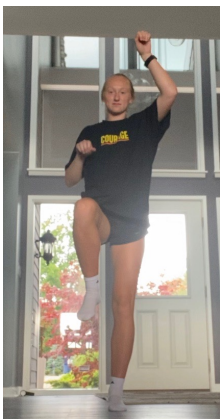
Start standing straight



Bend both arms at elbow



Raise right arm above head
& raise left leg



Switch & raise left arm above
head & raise right leg