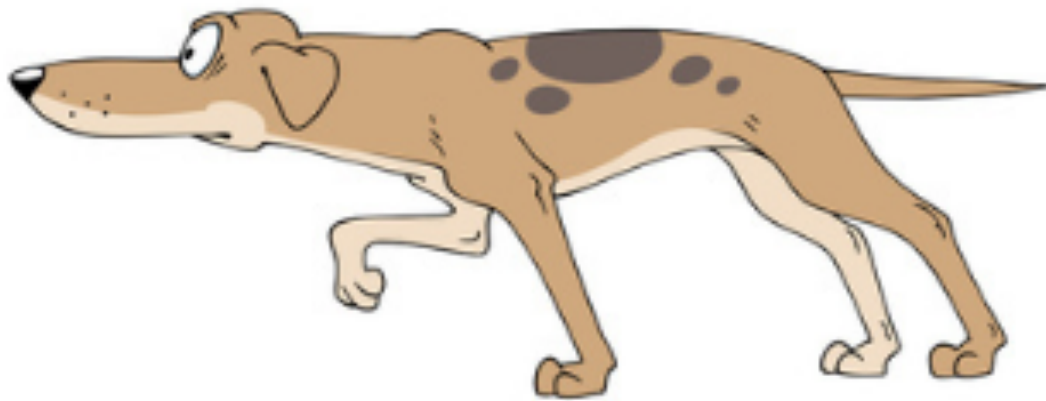


Movin & Groovin with Erin



POINTER DOG KICKS



AUTISM SOCIETY

Improving the Lives of All Affected by Autism

Greater Akron



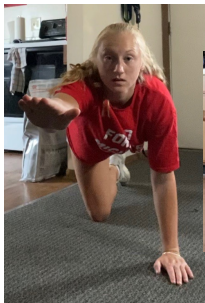
Beginner Pointer Dog Kicks



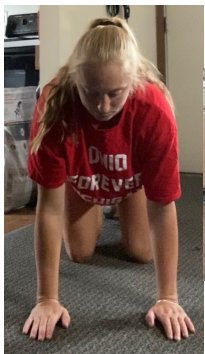
Start on your hands and knees. Extend your right arm forward and extend your left leg back at the same time. Then bring them back to the starting position. Then extend your left arm forward and extend your right leg back. Repeat the movement 5 times (10 total but 5 on each side).



Start on hands & knees



Extend right arm forward
& left leg back



Return to starting position



Extend left arm forward
& right leg back



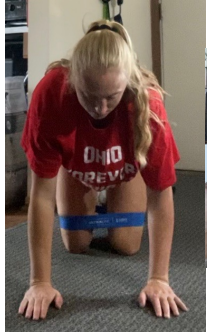
Return to starting position
& repeat movement



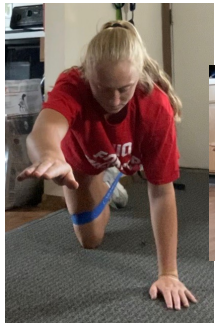
Intermediate Pointer Dog Kicks



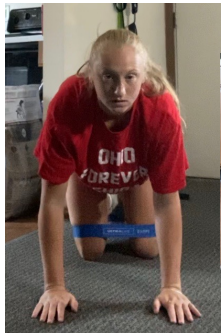
Same movement as beginner but add a resistance band. Repeat the movement 5 times (10 total but 5 on each side).



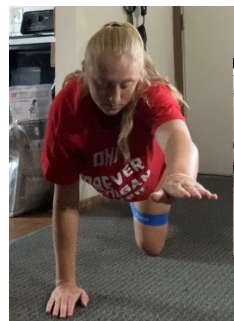
Start on hands & knees with resistance band around legs just above the knees



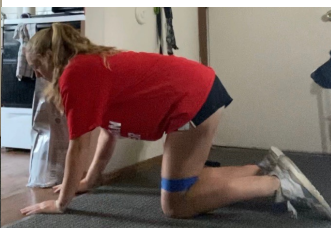
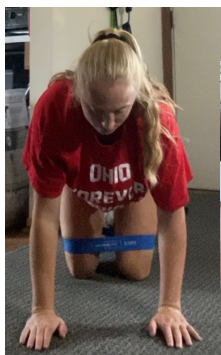
Extend right arm forward & left leg back



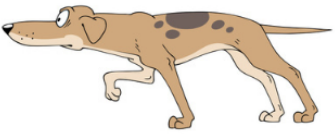
Return to starting position



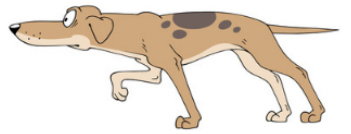
Extend left arm forward & right leg back



Return to starting position & repeat movement



Advanced Pointer Dog Kicks



Start on your hands and knees. Lift your knees off the ground about 2 inches. Extend your right arm forward and extend your left leg back at the same time. Then bring them back to the starting position. Next, extend your left arm forward and extend your right leg back. Repeat the movement 3 times (6 total but 3 on each side).



Start on hands & knees



Lift knees off ground



Extend right arm forward
& left leg back



Return to neutral position
with knees off ground



Extend left arm forward
& right leg back



Return to neutral position
& repeat movement