

# Movin & Groovin with Erin



PENGUIN WADDLE

 **AUTISM SOCIETY**

*Improving the Lives of All Affected by Autism*

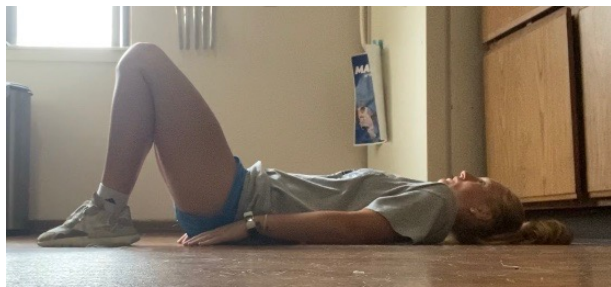
*Greater Akron*



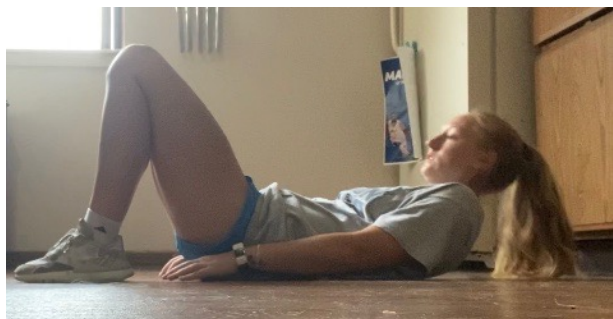
# Beginner Penguin Waddle



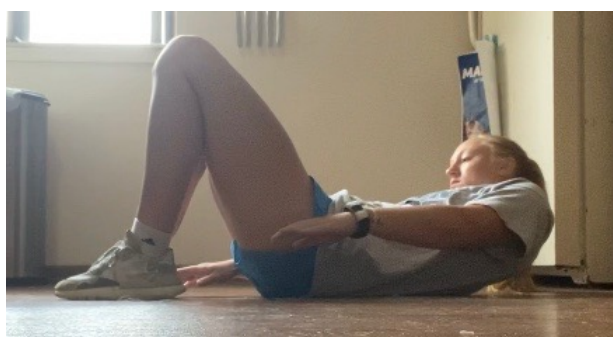
Lay on the ground on your back with your knees bent at about a 60-degree angle with your feet flat on the ground. Slightly lift your shoulders off the ground and flex your abs. Then touch your right heel with your right hand. Then go back to the middle and switch and touch your left heel with your left hand. Repeat this movement 5 times (10 total but 5 each side).



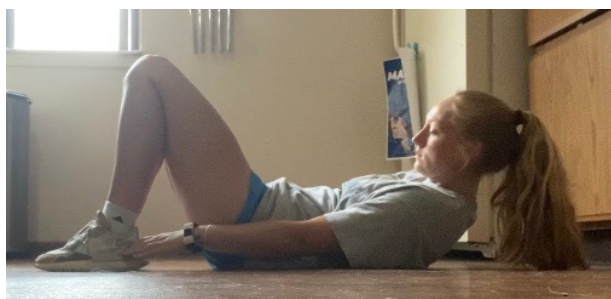
Start laying on the ground with knees bent & feet flat on the ground



Lift shoulders & flex abdomen



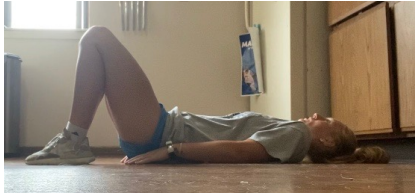
Touch your right hand to your right heel



Touch your left hand to your left heel & repeat movement

# Intermediate Penguin Waddle

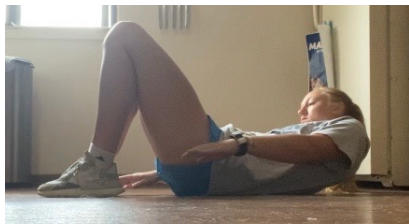
Same movement as beginner version but after 3 on each side, you are going to do a sit up. So you will touch your right heel with your right hand then touch your left heel with your left hand 3 times. Then go back to the middle and lift your back off the ground and bring your chest to your knees and then slowly lower back down. Repeat this movement 3 times.



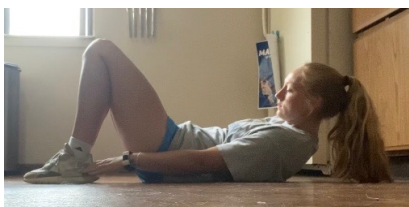
Start laying on the ground with knees bent & feet flat on the ground



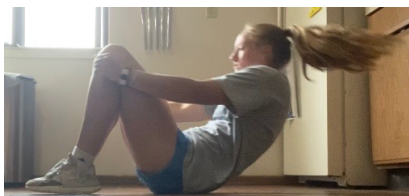
Lift shoulders & flex abdomen



Touch your right hand to right heel



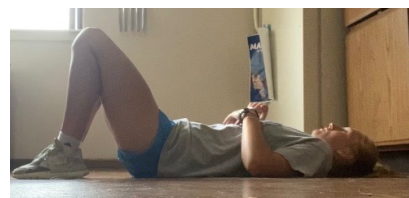
Touch your left hand to left heel



Begin to sit up & bring chest toward your knees



Completely sit up



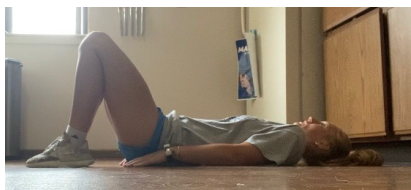
Slowly lower back down to the starting position & repeat movement



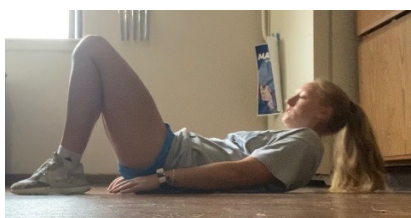
# Advanced Penguin Waddle



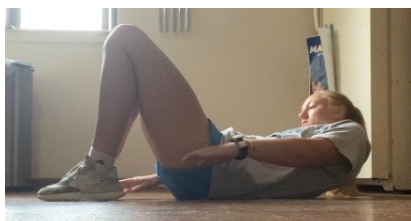
Same movement as beginner version but after 3 on each side, do a leg raise. Touch your right heel with your right hand then touch your left heel with your left hand 3 times. Then lay flat on the ground with your legs straight and raise your legs up and then lower them to the ground until they are just 1-2 inches above the ground, then raise them back up. After the leg raise, bend your knees and put your feet back flat on the ground. Repeat the movement 3 times.



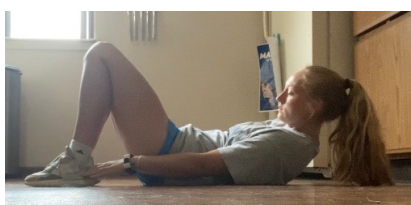
Start laying on the ground with knees bent & feet flat on the ground



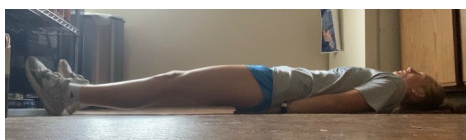
Lift shoulders & flex abdomen



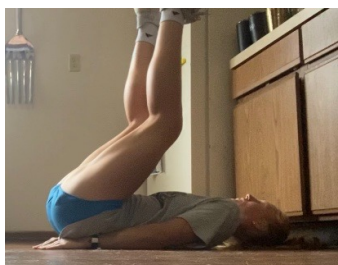
Touch right hand to right heel



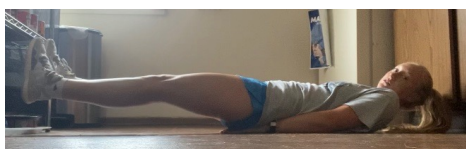
Touch left hand to left heel



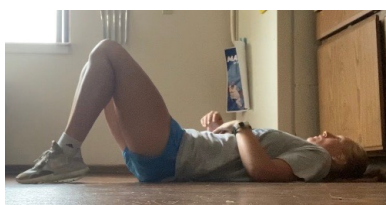
Lay flat on the ground with legs straight



Raise both legs up into the air



Lower legs until they are about 1-2 inches off the ground & then raise them up again



Return to starting position & repeat movement