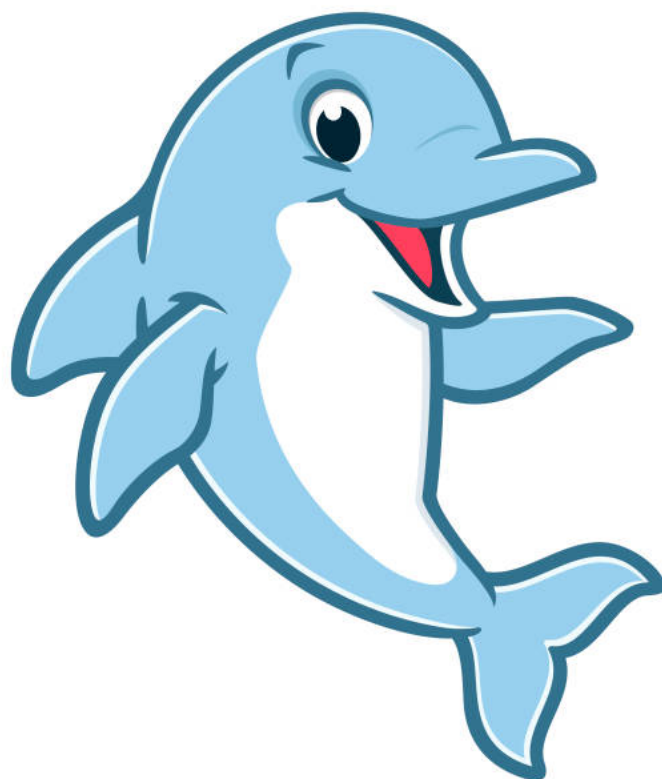


# Movin & Groovin with Erin



DOLPHIN TWIRL

 **AUTISM SOCIETY**

*Improving the Lives of All Affected by Autism*

*Greater Akron*



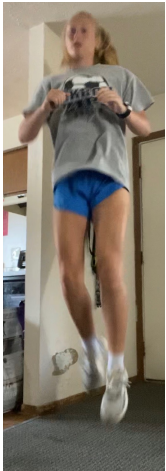
# Beginner Dolphin Twirl



Start standing in an athletic position with your knees bent at a 45-degree angle. Then jump as high as you can and spin 180-degrees at the same time. You will be facing the opposite direction. Land in the same athletic position with the knees bent 45-degrees. Repeat the movement 10 times.



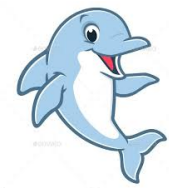
Start in a 45-degree angle squat



Jump into the air as high as you can & spin so you land in the opposite direction



Land in a 45-degree angle squat & repeat movement



# Intermediate Dolphin Twirl



Start standing in an athletic position with your knees bent at a 90-degree angle. Then jump as high as you can and spin 180-degrees at the same time. You will be facing the opposite direction. Land in the same athletic position with the knees bent 90-degrees. Repeat the movement 10 times.



Start in a 90-degree angle squat



Jump into the air as high as you can & spin so you land in the opposite direction



Land in a 90-degree angle squat & repeat movement



# Advanced Dolphin Twirl



Same movement as the intermediate version but just add a resistance band. So, start standing in an athletic position with your knees bent at a 45-degree angle. Then jump as high as you can and spin 180-degrees at the same time. You will be facing the opposite direction. Land in the same athletic position with the knees bent 45-degrees. Repeat the movement 10 times.



Start in a 90-degree angle squat with a resistance band around your legs & above your knees



Jump into the air as high as you can & spin so you land in the opposite direction



Land in a 90-degree angle squat & repeat movement