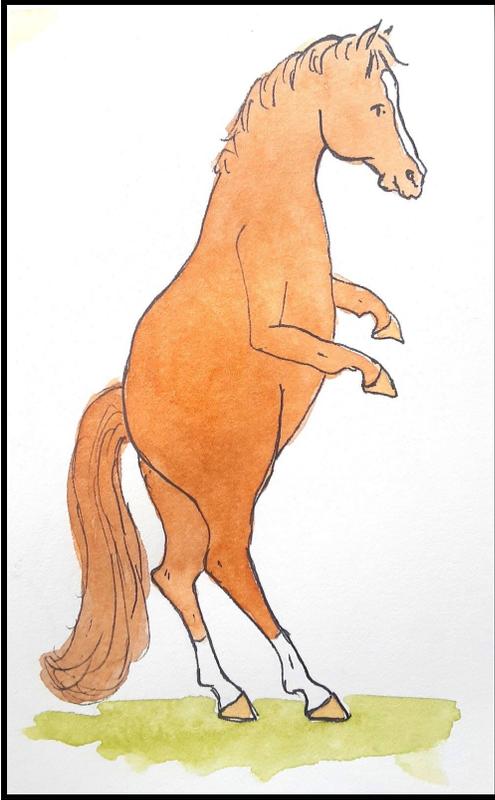


Chapter 3 Stretch Circle

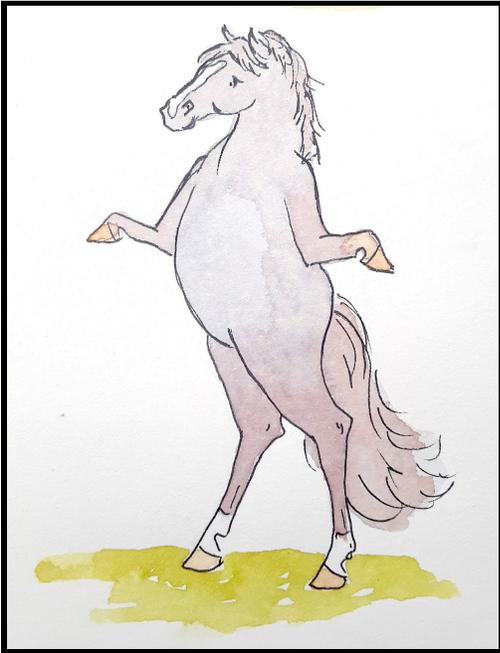
A fun routine to do with other members of your household, or by yourself!



Ginger: Start by warming up your muscles. If you are inside, trot in place or in small circles for about a minute. If you are outside, trot in three circles around your house or yard. Start with a slow trot so your muscles can warm up!

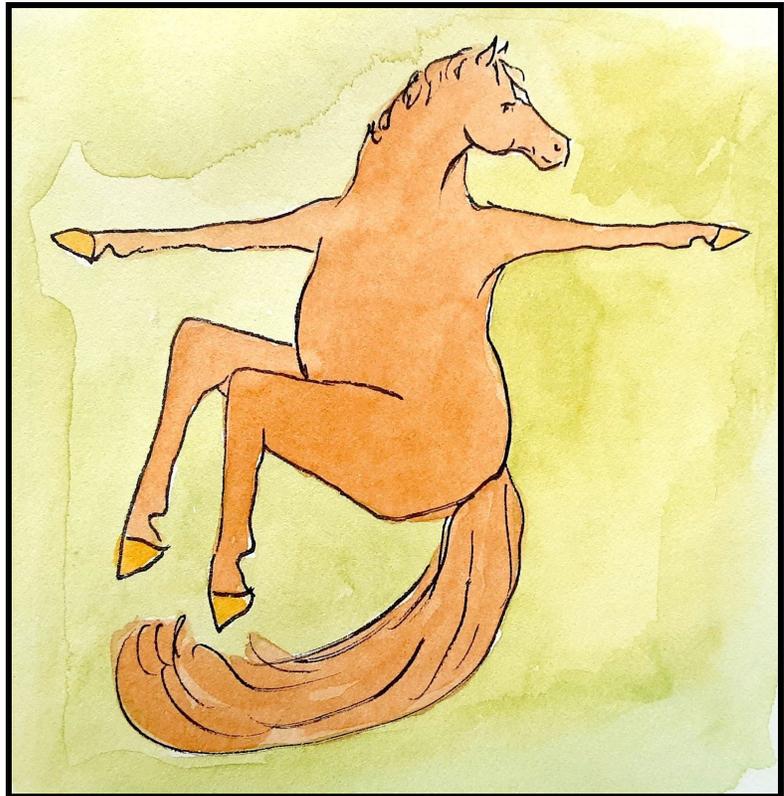
Sparks: Downward Horse. If you have two legs, start on your hand and knees, with your hands under your shoulders and your knees under your hips. Lift your hips upwards and backwards as you straighten your legs. Your body should form a triangle. Where do you feel the stretch?

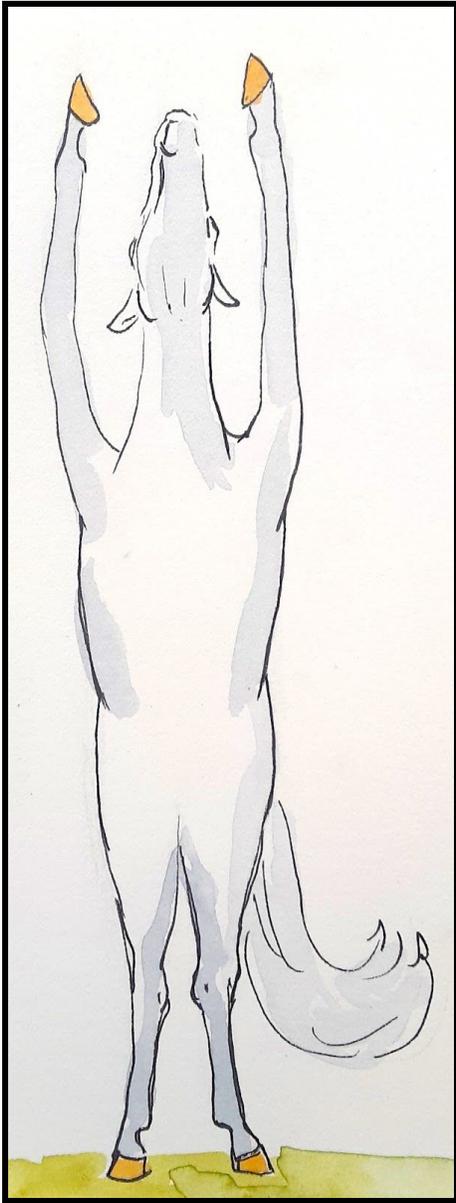




Berry: Stand on your hind legs and wiggle your belly and front legs. It helps if you smile and giggle too!

Brushy: Lie on the ground on your back. Pull your knees towards your chest, then drop them over to one side of your body. Turn your head in the opposite direction. Try to keep both shoulders on the ground. Repeat with your legs and head going the other direction.





Forest: Stand on your hind legs and take a deep breath in. As you breathe in, raise your hooves towards the sky. As you breathe out, lower your front legs (arms) slowly like wings to your side.

Wall*E: Burpees. Start standing up. Jump to the ground in a push-up position, with your front legs (arms) straight, and your hooves (hands) under your shoulders. Your body should be straight, with your toes tucked. You can also put your knees to the floor and do a push up from there. Bend your elbows to 90 degrees, keeping your body straight. Re-straighten your front legs for the “push-up.” Jump to your feet, and leap in the air as high as you can. This is one burpee. You should be moving as quickly as you can between the push-up and the leap in the air. See if you can do ten like the horses!

See if you can make this part of your daily routine, like the horses are doing. Stay tuned for more stretches from your horse friends next week!

