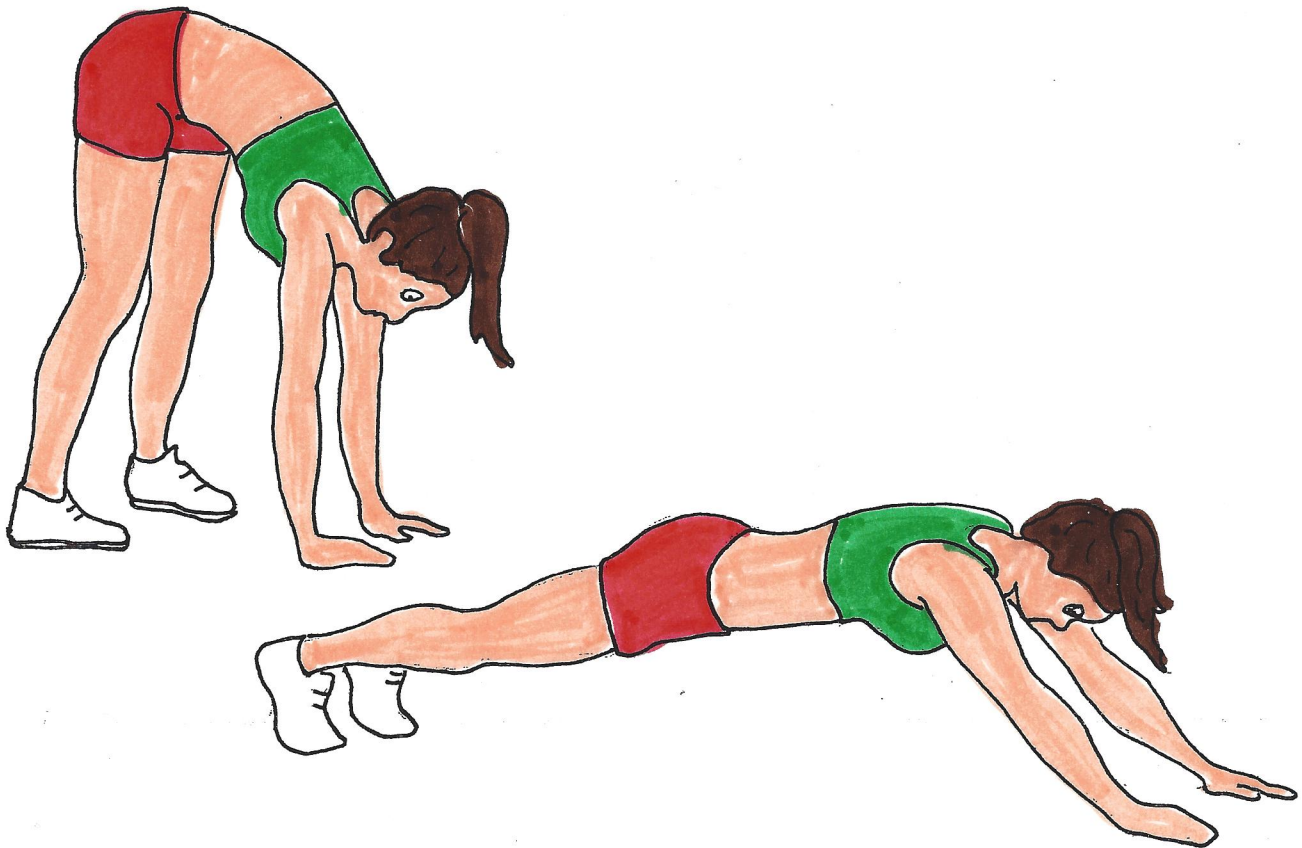


Inch Worm Walking



- While standing reach both hands to the ground keeping knees fairly straight.
- Walk hands along floor out in front of body until body is extended, then walk feet up to hands keeping legs as straight as possible.