





Lie on back, push up onto hands and feet,

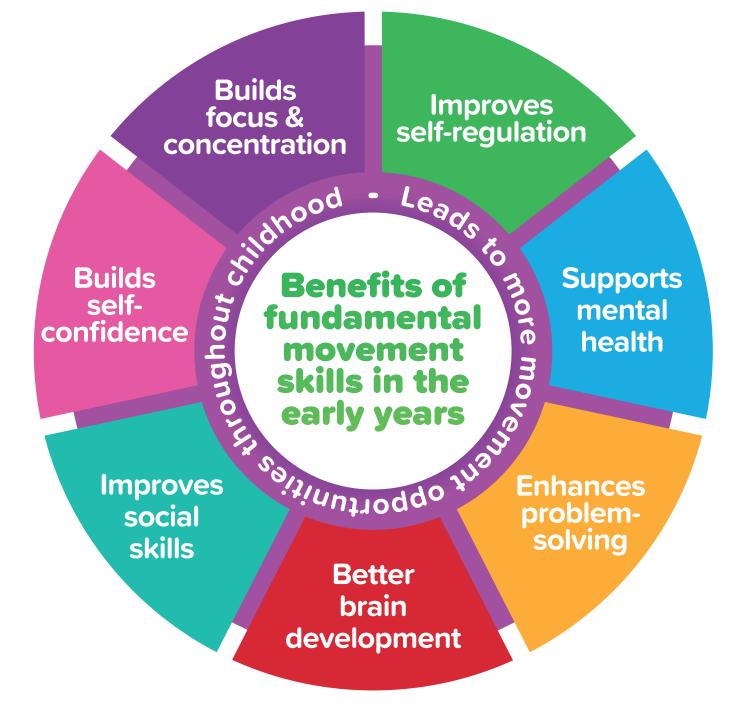
lifting hips off the floor, walk sideways



Local Government, Sport and Cultural Industries

Playgroup WA (Inc)





## www.playgroupwa.com.au/bodiesandbrains



