



Core Stability and Upper Body Strength

Building strong core strength is like building a strong foundation. Following is a list of activities/exercises that are a fun way to work on building core strength and stability:

- ✚ Superman Banana
- ✚ Superman Pose
- ✚ Bean bag toss
- ✚ Seal Claps
- ✚ Swinging
- ✚ Play a game of Twister
- ✚ Roly-Poly
- ✚ Ball Pushes
- ✚ Apple Turnovers
- ✚ Climbing a ladder or the stairs
- ✚ Riding a bike
- ✚ Swimming
- ✚ Wheelbarrow walking
- ✚ Crab walking
- ✚ Exercise (Yoga) ball
- ✚ Bouncing
- ✚ Wiggle Bugs

