

Crocodiles Superhero Training

- Balance on one foot for 10 seconds.
- Crawl forwards for 10 seconds.
- Jump in place 10 times.
- Run in place for 10 seconds.
- Stomp your feet 10 times.
- Walk backwards for 10 steps.
- Bend and touch your toes 10 times.
- Hop on one foot 10 times.
- Twist your body to the right and left 10 times.
- Hold one of the following superhero poses without falling over for 10 seconds:

