



Frog Leaps

1. Start in a squat position

- Stand with your feet a little wider than shoulder-width apart.
- Bend your knees and squat down low, like a frog getting ready to jump.
- Place your hands on the ground in front of you for balance.

2. Get ready to jump

- Keep your back straight and eyes looking forward.
- Shift your weight into your legs, keeping your heels down.

3. Leap forward

- Push hard through your legs and jump forward.
- Swing your arms slightly for momentum if needed.

4. Land softly

- Land on both feet with your knees bent to absorb the impact.
- Immediately return to the squat position, just like a frog.

5. Repeat

- Continue leaping forward for several jumps in a row.
- Try to keep the same rhythm and height with each jump.

