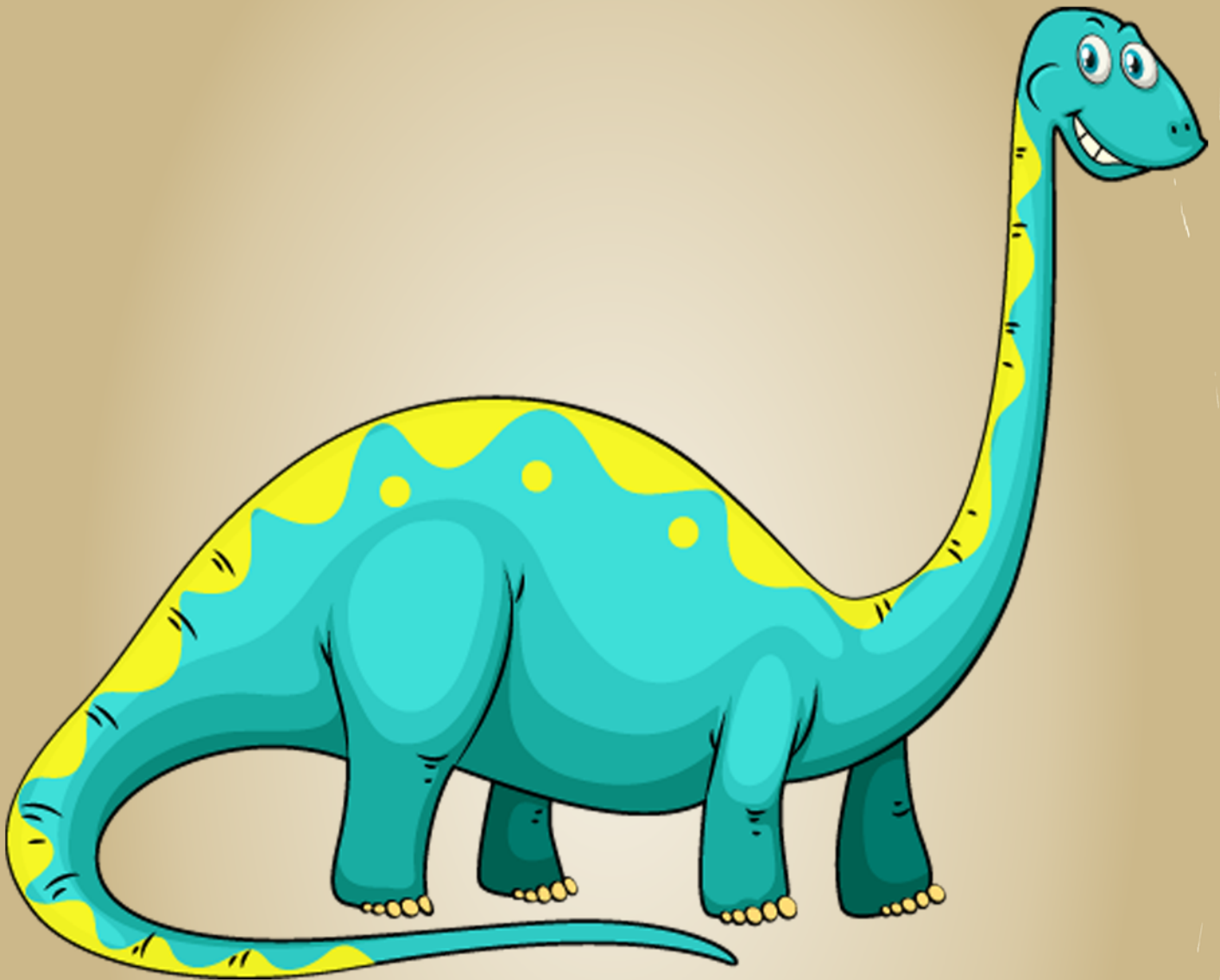


The Diplodocus



Start on your hands & knees. Stretch your left leg behind you and your right arm in front of you. Move your leg up, down, left, & right. Then switch sides and repeat.