

9 Activities to improve Core Strength at Home

PICK ONE or DO THEM ALL!

(minimal equipment required / minimal support needed)

Animal walks



https://drive.google.com/file/d/1h_Cln6PLfmtAzbG9yfQibZX9SmvDQazs/view?usp=sharing

Magic table



©T Mom Learning Activities

Leg Extension



©T Mom Learning Activities

Superman on a pillow



Commando Crawling & Maze Fun with painter's tape



FrugalFun4Boys.com

Row-row-row the Boat (independently or with partner assist)



InchWorm Walk Forward



<https://www.youtube.com/watch?v=4yI8jwFaxlo>

Ball Pass Feet to Hands (or with a teddy bear)



Crawling under furniture or through a web made of paint tape

