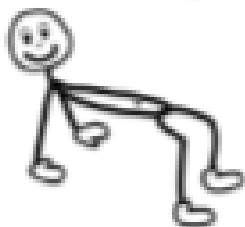




Heavy Work

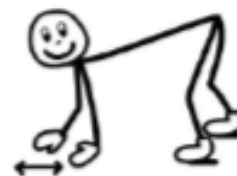
Heavy work activities involve pushing, pulling and lifting, they engage the proprioception sense in muscles and joints.

crab bridge



www.stickids.com

animal walks



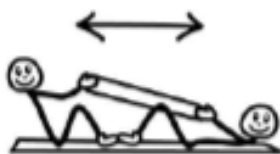
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critter crawl



www.stickids.com

sea saw sit ups



www.stickids.com

wheel barrow walk



www.stickids.com

swiss ball workout



www.stickids.com

brief heavy chores 'n push, pull, lift



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