

Heavy Lifting Menu

Pick a strategy to help your body calm down. You can do more than one to help you.

Push It

Wall Push-Ups



Army Crawl



Weighted Bin Push



Bear Crawl

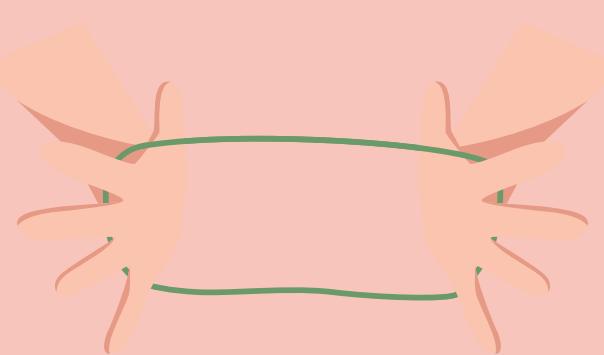


Pull It

Tug-of-War



Therapy Band



Weighted Bin Drag



Monkey Bars



Lift It

Stack Books



Crab Crawl



Move Chairs



Body Squats



Carry It

Delivery Helper



Backpack Walk



Throw Medicine Ball



Slow Walk with Weighted Blanket

