



### «SAILORS»

**You will need:**  
The mat of ORTODON: «Wave».

Put the tiles crosswise so that the pattern reminds the surface of rough sea.

**Exercise:**  
Cross walking stepping on each «wave» tile (4 times); high knee walking across the «wave» (4-6 times); marching on each «wave» tile (6-8 times); sideways walking in different directions across the «wave» (4-6 times); jumping over the «wave» (4 times).

### «ON THE CREST OF A WAVE»

**You will need:**  
The mat of ORTODON «Wave».

**Exercise:**

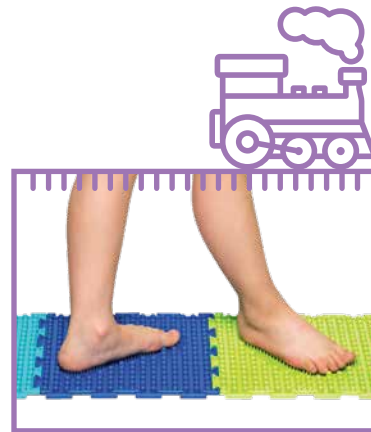
Combine different types of walking on convex surfaces of two «Waves»: walking back and forth (4-6 times); high knee walking (4-6 times); walking with squats: step – squat (4 times); «duck walking» (4 times); walking on the outer edge of «wave», placing weight on the outside of the feet (like a bear) (4-6 times); walking along one «wave», and then along the another one.



### «FUNNY BALL»

**You will need:**  
Mats of ORTODON: «Grass» soft, «Stones» rigid, «Spines».

**Exercise:**  
Starting position is standing on the mat; feet are parallel to each other. Jumping on the toes on the soft mats «Grass» and «Spines» (6-10 times), high knee walking on the rigid mat «Stones» (10 times). Do 2-3 sets.



### «CHOO-CHOO»

**You will need:**  
The mat of ORTODON: «Herringbone».

**Exercise:**  
Walking on the footprints with straight legs. Repeat this exercise with a child 4-6 times and then ask him do it again without the mat to consolidate the skill.

### «DRAGON THE TRAVELER»

**You will need:**  
The mat of ORTODON: «Herringbone».

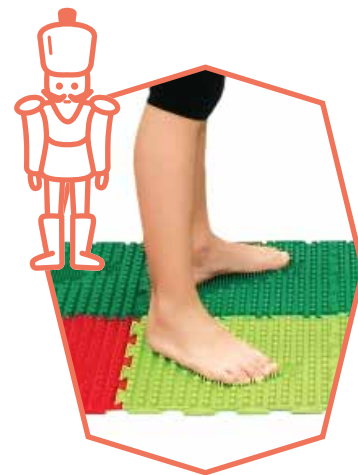
**Exercise:**  
Walk by the footprints with toes pointing out. Knees are slightly bent and apart. Repeat the exercise without the mat to consolidate the skill.



### «STEADFAST TIN SOLDIER»

**You will need:**  
The mat of ORTODON: «Herringbone».

**Exercise:**  
Starting position is standing on the mat; feet are on the footprints. Keeping proper foot positioning, stand for 10-15 seconds without bending your knees, then step on the next mats alternatively and do the same until the path ends. If it is difficult for the child to stand on his own, you can hold his hand.



### «JOLLY FROGLING»

**You will need:**  
The mat of ORTODON: «Herringbone».

**Exercise:**  
Jumping on the mats with feet turned outward stopping on the footprints (4-6 times).

### «DANCING BEAR»

**You will need:**  
Any of the mats of ORTODON: «Grass» soft, «Spines», «Wave», «Island» or «Turtle».

**Exercise:**  
Starting position is standing on the mat; feet are parallel to each other. Place weight on the outside of the feet (like a bear), march in place turning around yourself to one side and then to another (10 times to every side).



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### Puzzle mats maintenance recommendations

Puzzle mats sanitizing is done with 3% hydrogen peroxide solution or soap-soda solution.

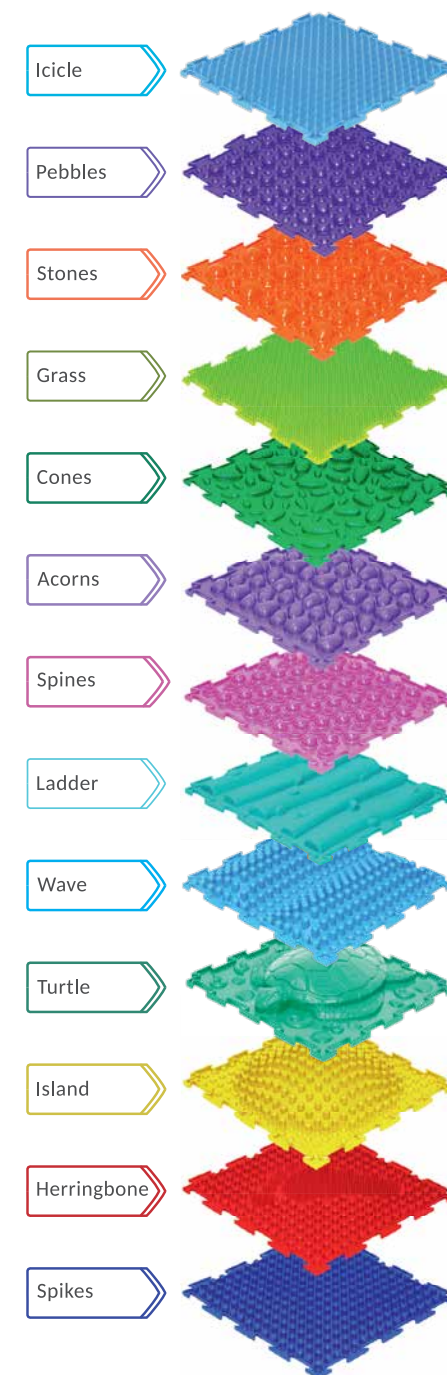
After treatment wipe the product and dry it away from heating devices and sunlight.

Do not use abrasive cleaners.

**The complex of exercises is developed by Physical Education Specialist Irina Fedotova.**



Developed by company ORTODON  
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**ORTODON**

## COMPLEX OF EXERCISES ON THE PUZZLE MATS





«Dear friends!

We are proud that for more than 15 years you trust us with the most precious things – your health, the health of your loved ones and comfort.

Our achievements are based on an excellent team, international cooperation and constant innovation. We bring together the best specialists in our field and improve the quality of our products.

I sincerely thank you for your interest in our company!»

*Sincerely, General Director Butko Vladimir and the company's team ORTODON.*

Walking barefoot on the natural footpaths (grass, sand, pebble, etc.) in the warm months is very healthy, if you have such a possibility. If you do not have one, the natural path can be replaced by the puzzle mats ORTODON with texture of stones, grass with varying degrees of hardness and bounce, massage spikes, which you can use at home all year round.

We recommend conducting exercises with the children in a playful way with musical and poetical accompaniment.

### «FIRST STEPS»

**You will need:**

4 mats of ORTODON «Pebbles» Lay each mat end to end to form the path.

**Exercise:**

Walk the path yourself and then suggest the child walk it alone without going beyond its borders and keeping the balance. Children are very prone to imitate at this age.

When walking properly, the feet stand close to each other and move in parallel. Pay special attention to this fact.

Place the toys on one end of the path and ask the child to bring them to you walking on the mats in a usual way. Then ask him do it stepping on each mat with alternating legs. Then he can do it marching in place on each mat (10 steps on a mat). At last, he can move sideways along the path (2 times).

Exercise duration is 5-10 minutes.



### «TICK-TACK»

**You will need:**

The mats of ORTODON: «Turtle», «Island».

**Exercise:**

Starting position is standing on the top of the mat, feet are parallel to each other. Alternately lift the leg out to the side (abduct), leaning on one foot then on the other, keeping balance (12-20 times).

### «CLOCK»

**You will need:**

The mat of ORTODON: «Herringbone».

**Exercise:**

Walk on the footprints with lifting and abduction of a straight leg to the side. Stand on the supporting leg for 5 seconds and continue the exercise alternating legs with each rep (4-6 times).



### «SIT DOWN – STAND UP»

**You will need:**

The mats of ORTODON: «Turtle», «Island», «Wave».

**Exercise:**

Starting position is standing on the top of the mat, feet are parallel to each other, hands on the waist. Squatting (6-10 times). To complicate the exercise, squat with support on external arches of the feet.



### «COWARDLY HARE»

**You will need:**

Any of the mats of ORTODON: «Stones» rigid, «Acorns», «Cones» or «Ladder».

**Exercise:**

Starting position is standing on the mat; feet are parallel to each other. Squat without the heels coming off ground, lean forward hugging the shin, lower the head.

### «HEALTH PATH»

**You will need:**

8 any mats of ORTODON of following types: «Grass» soft/rigid, «Spines» soft/rigid, «Stones», «Cones», «Acorns», «Ladder», «Stones», «Herringbone», «Wave» soft/rigid, «Island», «Spines» or «Turtle».

Put mats in a line in the following order: soft «Grass», «Spikes», and then alternate soft and rigid mats.

**Exercise:**

walking back and forth along the mats (4 times); marching in place on each mat (10 steps on a mat); high knee walking stepping on every mat (2 times); side-step walking (2 times); cross-step walking (2 times); walking with feet turned inward (2 times); walking with feet turned outward (2 times).



### «BUTTERFLY»

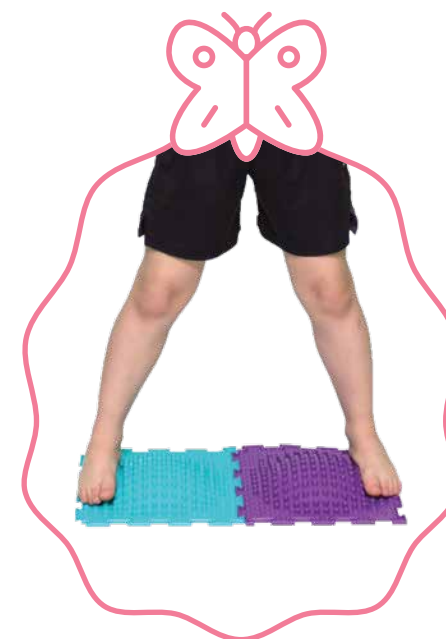
**You will need:**

The mats of ORTODON: «Turtle», «Island».

**Exercise:**

In the start position, place the feet on the outer edges of the mat. Toddlers can stand on the mat on both feet. The feet are turned outward with a focus on the outer arch. Stand in this position for 10 seconds. Then standing in this starting position move hands up and down aside (6-10 times).

Repeat 2-3 times.



### «SWING»

**You will need:**

Any of the mats of ORTODON: «Grass» soft/rigid, «Pebbles» soft, «Turtle», «Spines», «Island» or «Acorns».

**Exercise:**

Starting position is standing on the mat; feet are parallel to each other. Roll the feet from heel to toe (10-16 times on different mats).

### «POMPOUS HERON»

**You will need:**

Any of the mats of ORTODON: «Grass» soft/rigid, «Pebbles» soft, «Cones» or «Island».

**Exercise:**

Starting position is standing on the mat; feet are parallel to each other. Raise the leg straight forward pointing the toe (repeat with each leg 4-6 times).



### «GIANT AND DWARF»

**You will need:**

Any of the mats of ORTODON: «Grass» soft/rigid, «Spines», «Pebbles» soft.

**Exercise:**

Starting position is standing on the mat; feet are parallel to each other («the Giant»). Half-squat on toes with knees slightly apart («the Dwarf»). (6-8-10 times).

