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mat and lift your head and chest 3
flutter your arms and legs and
keep alternating sides for the
entire duration of the set proper
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an illustrated guide marshall
cavendish***

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the mammal family is represented
in the 14 articles contained in this
resource each article ranges in
length from 16 24 pages and
discusses one particular species*

or group besides humans the mammals that are discussed include chimpanzees dolphins elephants giraffes gray whales grizzly bears kangaroos lions manatees seals squirrels wolves and zebras'

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motion stays in motion'

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the arms perform semicircular
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