



**ORTODON**

**PUZZLE  
MATS**

**COMPLEX OF EXERCISES  
ON THE PUZZLE MATS**



**100% SAFE**

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*Dear friends!*

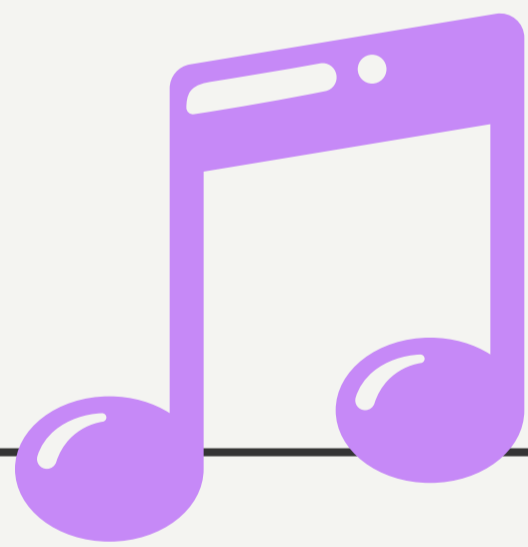
*We are proud that for more than 20 years you trust us with the most precious things – your health, the health of your loved ones and comfort.*

*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.*

*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

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

### **You will need:**

4 mats of ORTODON «Pebbles»

- ✓ Lay each mat end to end to form the path

## EXERCISE:

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
- ✓ stepping on each mat with your feet in turn
- ✓ marching in place on each mat  
10 steps on the mat
- ✓ moving 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





## 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
-



## 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





## 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





## 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:

Starting position is standing on the mat; feet are parallel to each other

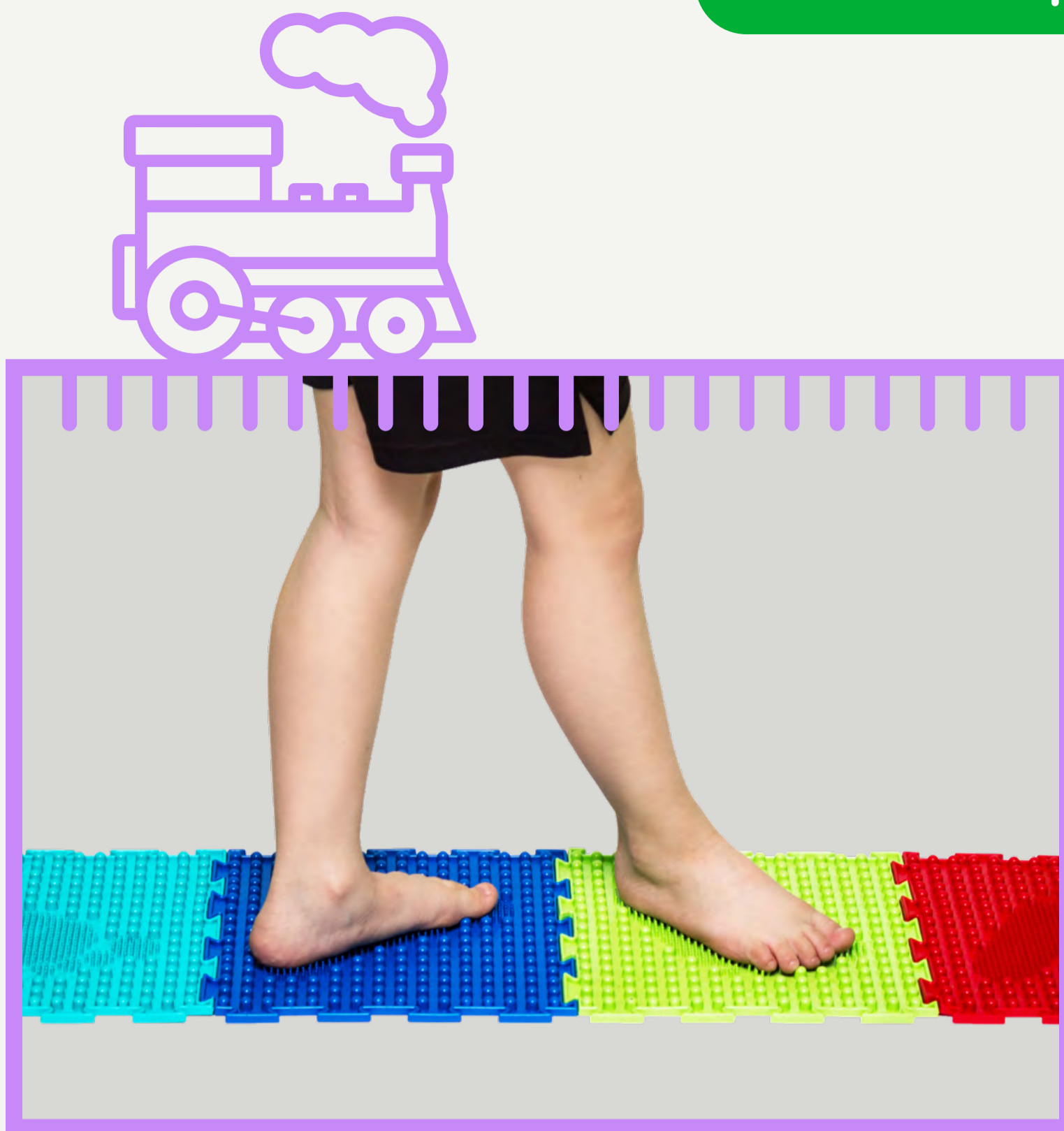
### EXERCISE:

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

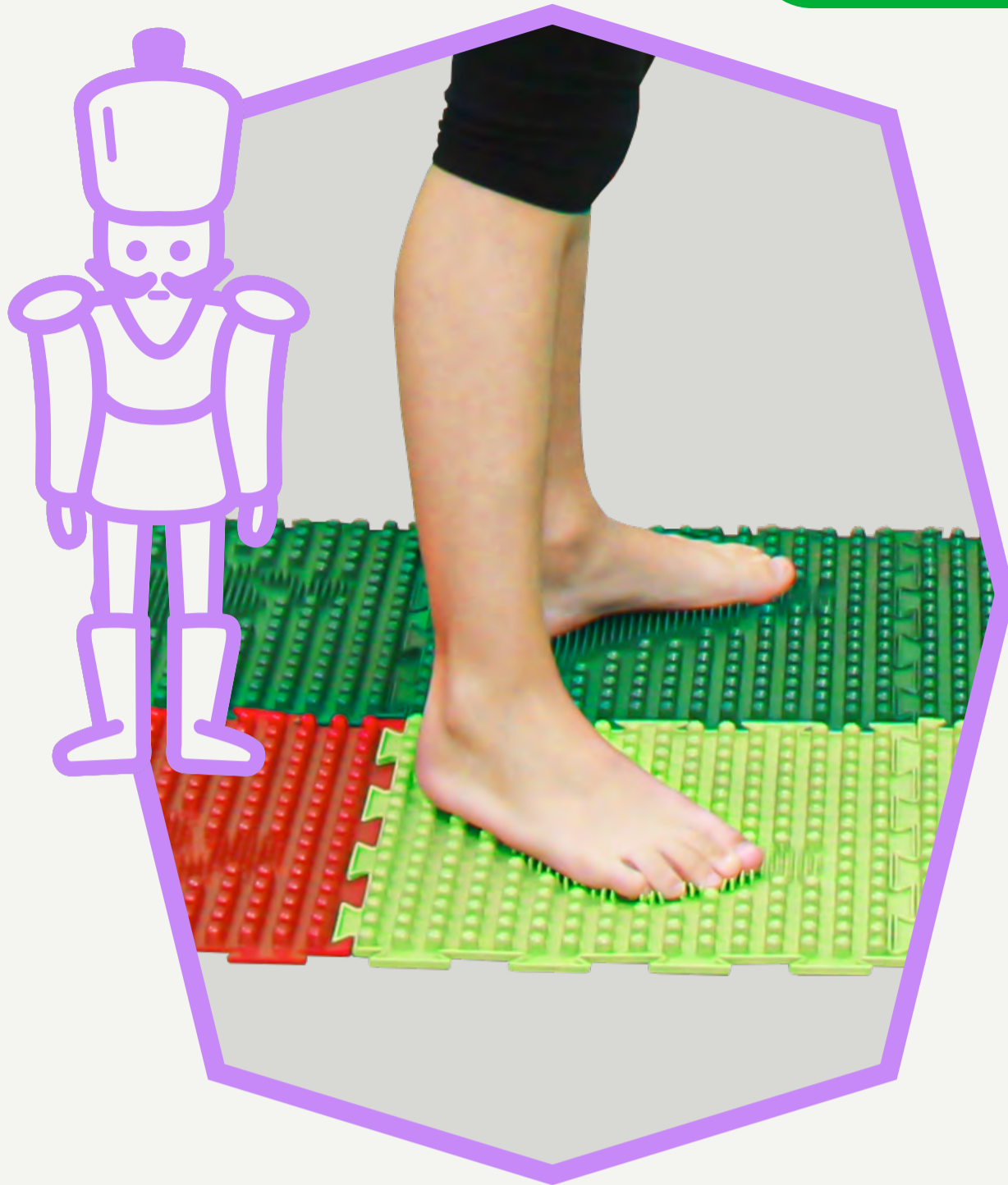
### You will need:

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



## 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
- The use of abrasive cleaning products is prohibited

*The complex of exercises  
is developed by Physical Education Specialist  
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[massagematorodon.com](https://massagematorodon.com)



# Collect your own collection of mats ORTODON!

