



2032

5 minutes



It's never too early to start training for your Olympic dream! Start preparing for the 2032 Brisbane Olympics with us today.

Movement	Seated modifications	Other modifications	Progressions	Watch points
Kangaroo Jump	Do a jumping motion with your arms (and legs if you can), like you're propelling your body to jump up high in the air.	Walk around the room, and stop quickly when your teacher or parent says "stop". Sit still on an exercise ball, focusing on your balance.	Try the Kangaroo Balance on one leg (i.e. hopping on one leg, making sure to land softly with bent knees). Do 5-10 hops on one leg, then switch legs.	* Feet hip-width apart * Bent knees at take off and landing (to help absorb impact) * Using your arms to help you jump higher
Giraffe Reach	Reach your arms up in the air like a tall giraffe. Lift one or both heels off the floor if you can.	Lift one heel off the floor, then lower it and lift the other heel.	Try the Giraffe Reach: With your eyes closed On a wobbly surface (standing on a pillow or mattress on the floor) With one foot lifted up off the floor	* Standing tall and straight * Squeezing abdominal muscles, to help with balance * Focusing your eyes on something still in front of you, to help with balance



Movement	Seated modifications	Other modifications	Progressions	Watch points
Jungle Jog	Do seated jogging with your arms, and legs if possible	Slow it down to walking pace	Speed it up	* Chest upright & back straight * Squeezing tummy muscles
Pigeon Pose	Same as the standard Pigeon Pose		Try Pigeon Pose on the floor... 1. Step your right foot back and lunge down to kneel on your right knee 2. Slide your left foot to the right, and place your hands on the floor in front of you 3. Slide your right leg back as far as you can 4. Lower your left knee and hips towards the floor	* The front leg ideally parallel with the pelvis (hip bones) * Pelvis (hip bones) facing straight forwards * Back leg in a straight line behind you