



ALL WHOOPS WORKOUT

11m 44s

A great workout for using up extra energy!

Aerobic exercise for at least 10 minutes positively affects impulsivity, mood, unproductive and disruptive behaviour, attention span, work performance and on-task behaviour.



Movement	Seated modifications	Other modifications	Progressions	Watch points
Star Jumps	Curl into a ball, then jump your arms (and legs too if possible) into a star.	Step your feet out to make a star, rather than jumping them out. Move your arms out and back in with your legs.	Speed it up	* Moving arms and feet out/in at the same time * Chest upright & back straight * Squeezing tummy muscles * Shoulders pulled down and back



Movement	Seated modifications	Other modifications	Progressions	Watch points
Mountain Climber	Sit up tall and put your arms straight out in front of you. Keep your arms straight and strong, as though you're pushing against an invisible wall. March your legs up and down, lifting your knees up as high as you can.	Do Mountain Climber standing... Have your arms straight out in front of you and hands pushing gently against a wall. March your legs up and down, lifting your knees up as high as you can.	Speed it up	* Squeezing tummy muscles * Back straight * Shoulders pulled down and back * Hips staying level, and as still as possible
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
Banana Rama	Reach your arms up to the sky. Bend one elbow down towards your opposite knee (lifting your knee to your elbow if possible).	Do Banana Rama slowly (focusing on bringing your elbow towards your opposite knee)	Speed it up	* Elbow coming down towards the opposite knee * Chest upright & back straight * Squeezing tummy muscles
Armadillo Curl	Curl your body down, reaching towards your feet.	Complete this stretch with one leg bent (with the bent knee pointed out to the side). Lean forwards to bring your chest towards the straight leg.	While doing the Armadillo Curl, flex your toes back towards you	* Legs straight * Shoulders down and back * Deep breaths (not holding your breath)