



BANANA RAMA



PURPOSE

- Strengthens legs and abdominals
- Improves postural strength and control, and bila



INSTRUCTIONS

1. Stand tall and reach your arms up to the sky
2. Do high knee marching with your legs
3. As you lift each knee, bend your opposite elbow down to touch it



WATCH FOR

- Elbow coming down towards the opposite knee
- Chest upright & back straight
- Squeezing tummy muscles



MODIFICATIONS

- Do Banana Rama slowly (focusing on bringing your elbow towards your opposite knee)
- Seated - Reach your arms up to the sky. Bend one elbow down towards your opposite knee (lifting your knee to your elbow if possible).



MORE CHALLENGING

- Speed it up!



MAKE IT MULTI-SENSORY

- Imagine being a monkey reaching up to pick bananas from a banana tree!

