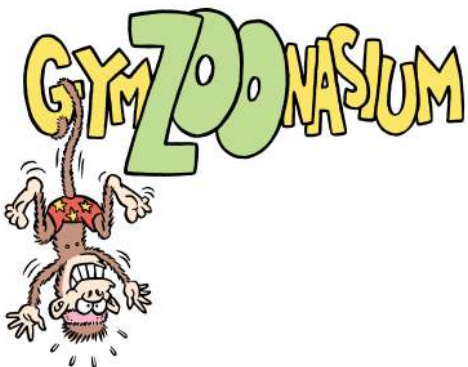




BANANA SPLIT

2m 46s



'Stimulate your senses' and have fun 'crossing your midline' in this super quick session,
led by Whoops - GymZoonasium's very own cheeky monkey!

Movement	Seated modifications	Other modifications	Progressions	Watch points
Monkey Ear Squeeze	Do Monkey Ear Squeeze in your chair	Squeeze one ear at a time	Try Monkey Ear Squeeze with your eyes closed	* Shoulders down and relaxed * Crossing arms across the body, to squeeze the opposite ear * Then changing which arm is on top
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



Movement	Seated modifications	Other modifications	Progressions	Watch points
Orangutan Stretch	Reach your left arm up above you and lean your upper body over to the right. Push your left hip down and away from your left arm if you can. Hold for 5 deep breaths and switch sides.	Stand with feet hip-width apart on the floor and do the upper body part of the Orangutan Stretch.		* Hips, shoulders and arm facing straight ahead (not leaning forwards) * Bottom hand pushing into your leg
Monkey Hug	Do Monkey Hug in your chair			* Shoulders down and relaxed * Crossing arms across the body * Then changing which arm is on top