



BRICKWORKS

6m 42s

Hop up from your desk regularly and use this session to re-engage the muscles needed for good posture!



Movement	Seated modifications	Other modifications	Progressions	Watch points
Star Jump Safari	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 * For the 'scissor jumps' make sure the opposite arm and leg are forward
Swan Glide	Do the Swan Glide in an upright seated position, or leaning forwards from your waist.	Do the Swan Glide with... - Your feet hip-width apart on the floor - Your body more upright	In the swan position, hold your wings up for as long as you can.	* Back straight * Tummy muscles switched on * Shoulders down and relaxed



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Goanna Climb	Place your hands on your thighs. Lean forward from your hips, keeping your back straight. Lower yourself onto your left elbow, then right elbow also. Then push back up onto your hands (one at a time), pushing you back up to an upright seated position. Repeat, changing the arm you lead with each time.	Standing: Do the Goanna Climb with your hands on a wall (easiest) or sturdy bench (more difficult).	Try the Goanna Climb in a full push-up position (toes on the floor instead of knees).	* Looking down at the floor * Tummy up off the floor * Shoulders pulled down * Body in a straight line (like a plank of wood) * Hips level with the floor
Desert Lizard Dance	Reach your arms straight up beside your ears and just do the arms part of the Desert Lizard Dance up in the air. To make it more challenging, lean forward from your hips with a straight back, and do the arm movement in that position.	Do the Desert Lizard Lift just with your legs (one leg lifting at a time, while you leave your arms on the floor). Then do it just with your arms.	Use your upper back muscles to keep your chest lifted off the floor while you do the Desert Lizard Dance	* Lifting the opposite arm and leg (e.g. left arm with right leg) * Squeezing buttocks and tummy muscles * Shoulder blades pulled down and back * Body, arms and legs straight

Movement	Seated modifications	Other modifications	Progressions	Watch points
Koala Balance	Sit in a sturdy chair (with the chair back against the wall to be extra safe). Wriggle forward in your chair and raise your arms straight up beside your ears. Scoop your tummy in and lean slightly back to engage your tummy muscles (without touching the back of the chair). Lift one foot off the floor also if possible.	Do the Koala Balance with: - Your feet closer to the floor, or - Only one foot lifted	* Try the Koala Balance with straight legs. * While holding the Koala Balance, slowly reach your left hand to touch your right foot, then reach your right hand to your left foot. How many touches can you do?	* Tummy scooped in (tummy muscles squeezed) * Shoulders relaxed and arms crossed on chest * If your lower back hurts, rest then try again (focusing on squeezing your tummy)
Shark Scare	Lean forward from your hips with your back straight. Clasp your hands behind your back (to make a shark fin). Lift your hands up and back. Gently arch your upper back to reach your chest up and forwards.		While doing the Shark Scare, lift your legs off the floor also	* Legs straight and feet squeezed together