



CRADLE MOUNTAIN CRAZY

5m 07s

A fun 5-minute brain break, great for improving motor planning and pelvic stability



Movement	Seated modifications	Other modifications	Progressions	Watch points
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 up the Banana rama	• Elbow coming down towards the opposite knee • Chest upright & back straight • Squeezing tummy muscles
Lion lunge	Lift one leg off your chair, hold for 3 seconds, then lower. Switch legs and keep repeating.	Step forward and then back again, without lunging down. Focus on your balance and keeping your hips level.	Try walking lunges around the room.	• Bending both knees (to achieve right angles in both knees) • Hips facing straight ahead • Body upright (not bending forward) • Feet hip-width apart • Front knee behind the front toes. To achieve this: take a large step forward, and keep your weight balanced on both the front and back foot.



Movement	Seated modifications	Other modifications	Progressions	Watch points
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 • Abdominals squeezed • Shoulders pulled down away from ears • Body in a straight line (tummy off the floor). Think of your body as a plank of wood being lowered down and lifted back up whilst staying strong and straight. • Hips level with the floor throughout the movement
Snake strike	Squeeze your tummy and lift one leg up off your chair.	• Do steps 1 to 2 of the Snake Strike and hold that position. Keep both feet on the floor rather than lifting your foot.	Get into the Snake Strike position (with one leg lifted). Instead of lowering your leg, lower your hips down almost to the floor and push them back up again. Repeat 10 times then repeat with the other leg raised.	• Feet and knees hip-width apart • Neck and shoulders relaxed • Bottom staying up, keeping your body in a straight line from shoulders to knees. Achieve this by pushing your heels into the floor and keeping tummy squeezed.
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)