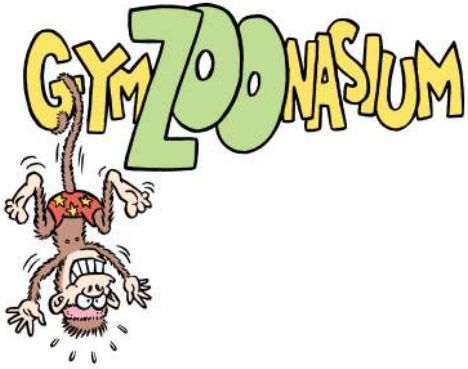




CRISS TO BLISS

5m 08s



Challenge yourself with 2 movements of criss-crossing your arms and legs, 2 strength poses and finally 2 blissful stretches.

This session is categorised as: Motor Planning & Sequencing, Lower Limb, Small Space, Intermediate

Movement	Seated modifications	Other modifications	Progressions	Watch points
Cross Country	Do Cross Country in your chair, with your arms (and legs too if possible)	Do Cross Country just with your legs	Speed it up	* Keep switching which foot crosses in front * Keep switching which arm crosses on top * Standing tall, with eyes looking forward
Forest Floss	Put your arms straight up in the air. Twist your upper body to one side. Do the Forest Floss arm movement upside down (i.e. with your arms up in the air moving on either side of your head). Then repeat facing the other side.	* Slow it down * Practise the Forest Floss hip movement by itself. Then practise the Forest Floss arm movement by itself.	Speed it up	* Arms swinging in the opposite direction than hips * Legs and arms straight



Movement	Seated modifications	Other modifications	Progressions	Watch points
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 lungeing 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.
Gorilla Squat	Place your hands on the sides of your chair. Push down with your hands (and your legs/feet if possible) to lift your bottom.	Do the Gorilla Squat with your back against a wall. Step your feet forward and slide your back down the wall until it looks like you're sitting on a chair. Hold for as long as you can.	Sit in a Gorilla Squat position against a wall. Keep your back and bottom against the wall, while you go onto tippy toes for 20 seconds, then onto heels for 20 seconds. Keep alternating and hold for as long as you can.	* Knees kept wide, facing over your toes * Hips reaching back * Chest upright and eyes looking forward
Snail Spy	Do Snail Spy in your chair	Do Snail Spy with one hand at a time	Do Snail Spy with your eyes closed	* Do Snail Spy with your pointer fingers moving around on and in slime or jelly. Feel what it's like to be a slimy snail.
Butterfly Bliss	Lift one leg, putting your foot on your opposite thigh. Use your forearm to gently push your knee down.		While doing the Butterfly Stretch lean forwards (keeping your back straight)	* Back straight (sitting up tall) * Shoulders down and relaxed