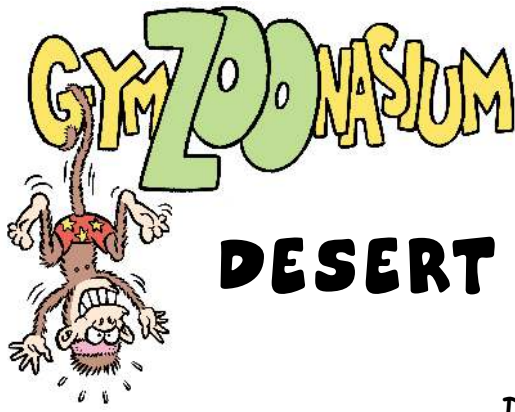




DESERT LIZARD DANCE

*Desert lizard dances
by lifting up its feet,
off the burning sand to
survive the desert heat.*

PURPOSE

- Strengthens back and buttocks
- Improves posture
- Improves shoulder stability
- Improves coordination



INSTRUCTIONS

1. Lie on your belly, with your arms and legs stretched out like a long plank of wood
2. Lift your left arm and right leg at the same time, then lower them back to the floor
3. Keep repeating, switching the arm/leg you lift each time.



WATCH FOR

- 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

MODIFICATIONS

- 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.
- Seated: Reach your arms straight up beside your ears and just do the arms part of the Desert Lizard Dance up in the air. If you'd like to make it more challenging, lean forward from your hips with a straight back, and do the arm movement in that position.

MORE CHALLENGING

- Use your upper back muscles to keep your chest lifted off the floor while you do the Desert Lizard Dance



MAKE IT MULTI-SENSORY

- It's fun to reach up to touch something while doing the Desert Lizard Dance (such as streamers, a ribbon, a ball or chair)



FUN FACTS

- Desert lizards (shovel-snouted lizards) live in the Namib Desert in Africa
- They speed across the sand - covering 20 times their body length in 1 second
- Desert lizards 'dance' by lifting their front leg and opposite back leg to release heat, and then switching legs. This dance is essential to prevent their feet from burning and their body from overheating.

