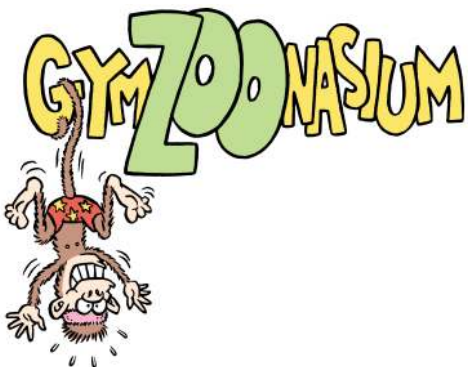




FOUR-LEGGED FRIENDS

4m 15s



How do you feel today? Are you curious like a wolf, hoppy like a bunny or playful like a puppy?
Let's have a play with these and other four-legged friends today!

Movement	Seated modifications	Other modifications	Progressions	Watch points
Wolf Tilt	Do the Wolf Tilt sitting on your chair			* Sitting or standing up tall * Keeping shoulders level * Slow, gentle stretching
Cat Stretch	Curl forwards and arch your back up as high as you can (angry cat). Then sit up straight and push your chest out (happy cat).			* Hands under your shoulders and knees under your hips * Neck relaxed



Movement	Seated modifications	Other modifications	Progressions	Watch points
Bunny Hop	Put your hands on the sides of your chair. Push down with your hands to lift your bottom off the chair.		Bunny Hop a little higher (making sure to keep your arms strong to hold you up). If you have enough space, 'Bunny Hop' forwards along the floor. With each Bunny Hop, hop your feet forwards towards your hands and then hop your hands forwards.	* Controlled movement * Feet lifting off the floor only 5-10cm max * Shoulders pulled down, away from ears * Arms strong and straight
Puppy Play	Climb an imaginary ladder with your arms. Reach one arm at a time up high and squeeze your tummy muscles to pull the arm down strongly. Pedal one leg and the opposite arm (like you're climbing an imaginary ladder with arms & legs).	Standing: Pedal one leg and the opposite arm (like you're climbing an imaginary ladder). Switch the leg and arm you're using with each pedal.	Pedal your legs closer to the floor, squeezing your tummy muscles so your lower back doesn't arch off the floor.	* Tummy muscles gently squeezed * Back flat on the floor. If your lower back arches, pedal your legs up higher in the air and make sure your tummy muscles are switched on.
Leopard Stretch	Sit with a sturdy desk in front of you. Lean forward from your waist, reaching your hands as far forward on the desk as you can.		While doing the Leopard Stretch, place your left hand on top of the right to feel a stronger stretch. Hold for 5 deep breaths then switch hands.	* Hips up in the air. If your hips are lower, slide your hands further forward to lift your hips up.