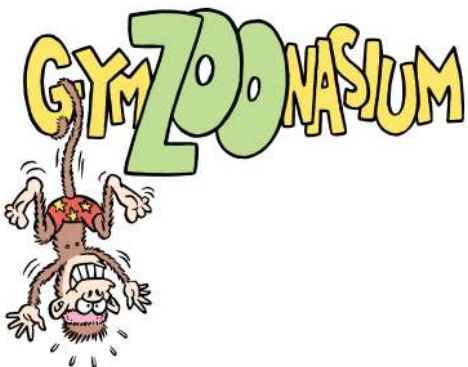




# GUM TREE ME

7m 07s

A fun pelvic stability session to help you stand strong, proud and stable like an Australian gum tree!



| Movement                   | Seated modifications                                                                                                                                                                                                                      | Other modifications                                                                                                                                                                            | Progressions                                                                                             | Watch points                                                                                                                                                                                                                                                |
|----------------------------|-------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|----------------------------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| <b>Mountain Climber</b>    | Sit up tall and put your arms straight out in front of you. Keep your arms straight and strong, as though you're pushing against an invisible wall. March your legs up and down, lifting your knees up as high as you can.                | Do Mountain Climber standing...<br>Have your arms straight out in front of you and hands pushing gently against a wall. March your legs up and down, lifting your knees up as high as you can. | Speed it up                                                                                              | <ul style="list-style-type: none"> <li>* Squeezing tummy muscles</li> <li>* Back straight</li> <li>* Shoulders pulled down and back</li> <li>* Hips staying level, and as still as possible</li> </ul>                                                      |
| <b>Desert Lizard Dance</b> | 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 | <ul style="list-style-type: none"> <li>* Lifting the opposite arm and leg (e.g. left arm with right leg)</li> <li>* Squeezing buttocks and tummy muscles</li> <li>* Shoulder blades pulled down and back</li> <li>* Body, arms and legs straight</li> </ul> |



| Movement             | Seated modifications                                                                                                                                                                                                                                                                                                           | Other modifications                                                                                                                              | Progressions                                                                                                                                                                                                                                                               | Watch points                                                                                                                                                                                                                                                                                       |
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| <b>Snake Strike</b>  | 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.                                                       | <ul style="list-style-type: none"> <li>* Feet and knees hip-width apart</li> <li>* Neck and shoulders relaxed</li> <li>* 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.</li> </ul> |
| <b>Koala Balance</b> | 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: <ul style="list-style-type: none"> <li>- Your feet closer to the floor, or</li> <li>- Only one foot lifted</li> </ul> | <ul style="list-style-type: none"> <li>* Try the Koala Balance with straight legs.</li> <li>* 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?</li> </ul> | <ul style="list-style-type: none"> <li>* Tummy scooped in (tummy muscles squeezed)</li> <li>* Shoulders relaxed and arms crossed on chest</li> <li>* If your lower back hurts, rest then try again (focusing on squeezing your tummy)</li> </ul>                                                   |



| Movement              | Seated modifications                                                                                                                                                | Other modifications                                                                                            | Progressions                                                                                                                                                                                                | Watch points                                                                                                                                                                                                                                                                                                                                                                               |
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| <b>Lion Lunge</b>     | 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                                                                                                                                                                          | <ul style="list-style-type: none"> <li>* Bending both knees (to achieve right angles in both knees)</li> <li>* Hips facing straight ahead</li> <li>* Body upright (not bending forward)</li> <li>* Feet hip-width apart</li> <li>* 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.</li> </ul> |
| <b>Dragonfly Zoom</b> | Lean forward with a straight back. Stretch your arms out wide like wings. Squeeze your shoulder blades down and back to hold your wings high for 5-10 deep breaths. | Do the Dragonfly Zoom with your hands on the desk in front of you, or pressing against a wall in front of you. | While doing the Dragonfly Zoom: <ul style="list-style-type: none"> <li>- Lift your leg and/or arms slightly higher, or</li> <li>- Put your arms out in front of you, instead of out to the sides</li> </ul> | <ul style="list-style-type: none"> <li>* Hips and shoulders parallel to the floor</li> <li>* Arms and legs straight</li> <li>* Actively stretching head and lifted foot away from each other</li> </ul>                                                                                                                                                                                    |

| Movement           | Seated modifications             | Other modifications | Progressions                                                                                                                                                                                                                                                                                                  | Watch points                                                                                                                                              |
|--------------------|----------------------------------|---------------------|---------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-----------------------------------------------------------------------------------------------------------------------------------------------------------|
| <b>Pigeon Pose</b> | Same as the standard Pigeon Pose |                     | Try Pigeon Pose on the floor...<br>1. Step your right foot back and lunge down to kneel on your right knee<br>2. Slide your left foot to the right, and place your hands on the floor in front of you<br>3. Slide your right leg back as far as you can<br>4. Lower your left knee and hips towards the floor | * The front leg ideally parallel with the pelvis (hip bones)<br>* Pelvis (hip bones) facing straight forwards<br>* Back leg in a straight line behind you |