



KOSCIUSZKO CLIMB

9m 34s



Embark on an adventure to climb to the summit of Australia's highest mountain - Mount Kosciuszko!
This workout is sure to strengthen your legs and mind!

Movement	Seated modifications	Other modifications	Progressions	Watch points
Star Jumps	Curl into a ball, then jump your arms (and legs too if possible) into a star.	Step your feet out to make a star, rather than jumping them out. Move your arms out and back in with your legs.	Speed it up	* Moving arms and feet out/in at the same time * Chest upright & back straight * Squeezing tummy muscles * Shoulders pulled down and back
Mountain Climber	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... 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	* Squeezing tummy muscles * Back straight * Shoulders pulled down and back * Hips staying level, and as still as possible



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Frog Squat	Move your feet wide apart. Lean forward with a straight back and put your hands on the front of your seat. Push down with your hands (and feet if possible) to lift your bottom off the chair slightly. Then sit back down.	Do the Frog Squat with a sturdy chair just behind you. Squat down only until you feel your bottom touch the chair and then stand back up to the start position.	Do the Frog Squat jumping up instead of standing up. Land in the starting position softly and with your knees bent.	* Eyes looking forward * Back straight * Shoulders higher than hips * Knees kept wide (facing over your toes, rather than deviating inwards on the way up)
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.



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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.
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 your 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.
Brachiosaurus Reach	Sit very tall. Reach your arms above your head and arch your back to look up towards your hands. Tuck your bottom under (tail between your legs).		While doing the Brachiosaurus Reach... - Lift your front heel off the floor, to challenge your balance, or - Gently lean your arms and upper body over to the side of your front leg	* Feet hip-width apart, rather than straight in front of each other * Knee of your bent leg above your ankle * Back leg long and straight