



# LLAMA DRAMA



5m 15s

Today at the zoo, there's a drama with the llamas. The llamas are sick and tired of eating boring old hay, day after day! They've decided to escape the zoo in search of something new. Let's help Whoops the monkey save the day!

| Movement      | Seated modifications                                                                                                                                                            | Other modifications                                                                                                                                   | Progressions                                                                                              | Watch points                                                                                                                                          |
|---------------|---------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------------------------------------------------------------------------|-----------------------------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------------------------------------------------------------------------|
| Wolf Tilt     | Do the Wolf Tilt seated                                                                                                                                                         |                                                                                                                                                       |                                                                                                           | <ul style="list-style-type: none"> <li>* Sitting or standing up tall</li> <li>* Keeping shoulders level</li> <li>* Slow, gentle stretching</li> </ul> |
| Llama Stretch | Lift your left ankle and place it on top of your right knee. Gently lean forwards, keeping your back long and straight. Use your left hand to gently press your left knee down. | Do this stretch standing by taking a big step forward. Tuck your "tail" (bottom) down and bend your front knee slightly. Reach your hands to the sky. | While doing the Llama Stretch, lift your back foot and use your hand to pull the foot towards your bottom | <ul style="list-style-type: none"> <li>* Bottom tucked down (like a naughty puppy)</li> <li>* Hips/pelvis facing straight forwards</li> </ul>         |



| Movement             | Seated modifications                                                                                                                                                                                                                                                                                                           | Other modifications                                                                                                                              | Progressions                                                                                                                                                                                                                                                               | Watch points                                                                                                                                                                                                                                     |
|----------------------|--------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|--------------------------------------------------------------------------------------------------------------------------------------------------|----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|--------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| <b>Goanna Climb</b>  | Place your hands on your thighs. Lean forward from your hips, keeping your back straight. Lower yourself onto your left elbow, then right elbow also. Then push back up onto your hands (one at a time), pushing you back up to an upright seated position. Repeat, changing the arm you lead with each time.                  | Standing:<br>Do the Goanna Climb with your hands on a wall (easiest) or sturdy bench (more difficult).                                           | Try the Goanna Climb in a full push-up position (toes on the floor instead of knees).                                                                                                                                                                                      | <ul style="list-style-type: none"> <li>* Looking down at the floor</li> <li>* Tummy up off the floor</li> <li>* Shoulders pulled down</li> <li>* Body in a straight line (like a plank of wood)</li> <li>* Hips level with the floor</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> |



| <b>Movement</b>         | <b>Seated modifications</b>                                                                                                                                                                                                | <b>Other modifications</b>                                                                                                                                                                     | <b>Progressions</b>                              | <b>Watch points</b>                                                                                                                                                                                    |
|-------------------------|----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|--------------------------------------------------|--------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| <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>Banana Rama</b>      | Reach your arms up to the sky. Bend one elbow down towards your opposite knee (lifting your knee to your elbow if possible).                                                                                               | Do Banana Rama slowly (focusing on bringing your elbow towards your opposite knee)                                                                                                             | Speed it up                                      | <ul style="list-style-type: none"> <li>* Elbow coming down towards the opposite knee</li> <li>* Chest upright &amp; back straight</li> <li>* Squeezing tummy muscles</li> </ul>                        |
| <b>Peacock Pose</b>     | Lean forward from your hips with your back straight. Clasp your hands behind your back. Lift your arms as high as you can (with back straight and chest proud).                                                            |                                                                                                                                                                                                | Try doing the Peacock Pose balancing on one foot | <ul style="list-style-type: none"> <li>* Standing tall (chest upright)</li> <li>* Shoulders down and neck relaxed</li> </ul>                                                                           |