



MIDDAY AT MORNINGTON PENINSULA

5m 09s



Enjoy this set of moves you can do in one spot.
Try them with your friends, or learn them and teach someone else.

Movement	Seated modifications	Other modifications	Progressions	Watch points
Toad Sit	Lift your left foot onto your chair. Use your left elbow to push your left knee outwards until you feel a stretch. Bend forwards from your hips, keeping your back straight and strong. Place your elbows on the insides of your knees and push your knees outwards. Hold for 5 deep breaths		Do the Toad Sit with your arms... - Straight out in front of you - Pointing up to the sky in front of you	* Feet wider than hips * Chest upright and back straight * Shoulders down and neck relaxed



Movement	Seated modifications	Other modifications	Progressions	Watch points
Chimpanzee Swing	Place your hands on the sides of your chair. Push down with your arms to lift your bottom off your chair (and feet off the floor if possible).		Hold one foot up off the floor while doing the Chimpanzee Swing	* Shoulders down and back * Chest upright * Tummy muscles squeezed
Crab Crawl	Place your hands on the sides of your chair. Push down with your hands (and also with your legs or feet if possible) to lift your bottom	Lie on your back with your knees bent and feet flat on the floor. Push your feet into the floor to push your bottom off the floor. Hold for as long as you can, breathing normally.	In the Crab Crawl position: Lift one foot, so just your toes are touching the floor or the foot is just off the floor. Keep your hips still and bottom up. Hold for 10 seconds, then change legs. Step your hands and feet to slowly Crab Crawl around in a circle or side to side.	* Correct start position (arms by the side, not over the shoulders) * Right angles at the shoulders and knees * Bottom pushed up, so your body is flat like a table



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Koala Balance	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: - Your feet closer to the floor, or - Only one foot lifted	* Try the Koala Balance with straight legs. * 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?	* Tummy scooped in (tummy muscles squeezed) * Shoulders relaxed and arms crossed on chest * If your lower back hurts, rest then try again (focusing on squeezing your tummy)
Sloth Snooze	Sit on a chair and curl your body forward into a "C" shape. Move one foot forwards, straighten that leg & flex your toes towards you.	Do the Sloth Snooze with... Just one leg at a time stretching up into the air Your legs up against a wall	While doing the Sloth Snooze, flex your toes back towards you	* Bottom ideally against the wall * Legs straight * Neck and upper body relaxed