



MUTDAPILLY MANIA

20m 11s

Show what you're made of... with this super workout for the 'strong at heart'!
Never, never, never give up!



Inspired by Mutdapilly State School's need for students to exert their energy in air conditioning during sweltering Summer lunch breaks.

WARM UP:

Movement	Seated modifications	Other modifications	Progressions	Watch points
Jungle Jog	Do seated jogging with your arms (and legs too if possible)	Slow it down to walking pace	Speed it up	• Chest upright & back straight • Squeezing tummy muscles
Monkey Twist	Do the Monkey Twist in your chair	Do Monkey Twist with just your legs, and then with just your arms	Speed it up	* Upper body twisting in the opposite direction to lower body * Tummy muscles squeezed

SESSION OVERVIEW:

For each movement, we'll do 3 sets of "30 seconds on, 10 seconds rest".



Movement	Seated modifications	Other modifications	Progressions	Watch points
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 feet.
Lizard push-up	Do Lizard Push-ups with your hands on your knees (or against a parent's hands, with them pushing gently against your hands)	Do Lizard Push-ups: - Kneeling on all fours like a cat (i.e. keeping your bottom up rather than down) - Standing, with your hands against a wall.	• Try Lizard Push-ups with your hands on a pillow. • Try full push-ups (with your toes on the floor instead of your knees). Push your body up together like a solid plank of wood, not a wriggly worm.	• Body straight (from shoulders to knees), keeping tummy muscles squeezed • Body lifting together as one (rather than like a wriggly worm). Just bend and straighten the elbows to achieve the movement
Desert lizard dance	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	• Lifting the opposite arm and leg (e.g. left arm with right leg) • Squeezing buttocks and tummy muscles • Shoulder blades pulled down and back • Body, arms and legs straight



Movement	Seated modifications	Other modifications	Progressions	Watch points
Banana rama	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	• Elbow coming down towards the opposite knee • Chest upright & back straight • Squeezing tummy muscles
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)
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.



COOL DOWN:

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. • 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
Bat Hang	Stretch your body out (towards the ceiling) and then bend over to touch your toes.		* In the Bat Hang position, hold your ankles and gently pull your body closer to your legs. * Start standing, with your left foot crossed over the right. Do the Bat Hang with your legs crossed like this.	* Knees straight
Orangutan Stretch	Reach your left arm up above you and lean your upper body over to the right. Push your left hip down and away from your left arm if you can. Hold for 5 deep breaths and switch sides.	Stand with feet hip-width apart on the floor and do the upper body part of the Orangutan Stretch.		* Hips, shoulders and arm facing straight ahead (not leaning forwards) * Bottom hand pushing into your leg

Meerkat Mission	Massage the top of your legs with your elbows.	* Do Meerkat Mission while holding a sturdy desk or wall to help you balance. * Lie on your side with straight legs and knees together. Bend your top knee and pull your foot up towards your bottom. If it's too tricky to balance, do this stretch lying on your tummy instead.	Try Meerkat Mission with your eyes closed, to challenge your balance	* Standing up tall, like a meerkat * Neck and shoulders relaxed * Bottom tucked under * Knees together
Peacock Pose	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	* Standing tall (chest upright) * Shoulders down and neck relaxed