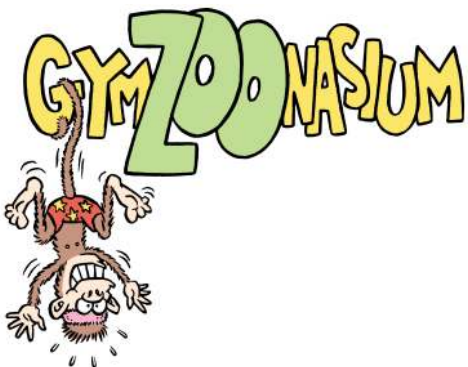




SHELLY BEACH SHAKE-UP

6m 02s



It's time to energise our bodies with some awesome animal moves.
Let's twist, snap, hop, squat and stretch!

Movement	Seated modifications	Other modifications	Progressions	Watch points
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
Alligator Snap	Put your hands on the outside of each knee. Push outwards with your knees and inwards with your hands.	Do the Alligator Snap with your hands on the floor beside you, to help you balance.	Try the Alligator Snap with... - Your eyes closed - Your bottom leg held up off the floor - Your arms lifted up off the floor, or - Your legs and arms both 'snapping' up and down together	* Body in a straight line (like a plank of wood) * Tummy muscles and buttocks squeezed



Movement	Seated modifications	Other modifications	Progressions	Watch points
Starfish Superstar	Lift your arms up straight out to your sides (like a 'star' or wings). Lean your body slowly over to one side, keeping your back long and tummy strong. When you lean to the left you will feel the muscles on the right side of your tummy switch on. Lean for as long as you can, then change sides.	Do the Starfish Superstar with your knees bent and your bottom knee on the floor. Standing: Stand side-on to a wall. Place your closest hand at shoulder-height on the wall. Take a large step away from the wall until your arm is straight and your feet are further away from the wall than your shoulders. Lift your furthest arm and leg to make a 'star'.	Try the Starfish Superstar balancing on your hand (with your arm straight) instead of on your elbow	* Lower elbow directly under the shoulders * Abdominal muscles squeezed * Whole body kept in the same plane of movement * Normal breathing (avoid holding your breath)
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)



Movement	Seated modifications	Other modifications	Progressions	Watch points
Bunny Hop	Put your hands on the sides of your chair. Push down with your hands to lift your bottom off the chair.		Bunny Hop a little higher (making sure to keep your arms strong to hold you up). If you have enough space, 'Bunny Hop' forwards along the floor. With each Bunny Hop, hop your feet forwards towards your hands and then hop your hands forwards.	* Controlled movement * Feet lifting off the floor only 5-10cm max * Shoulders pulled down, away from ears * Arms strong and 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