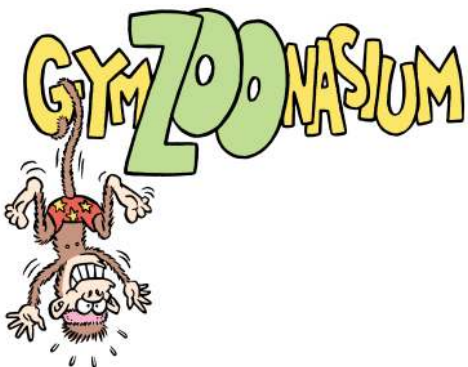




SO, SO HiP

4m 34s

This session focuses on stretching and moving the hips.
These are great movements for when you've been sitting for a while.



Movement	Seated modifications	Other modifications	Progressions	Watch points
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
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	* Bottom tucked down (like a naughty puppy) * Hips/pelvis facing straight forwards



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 lunging 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.
Forest Floss	Do the Forest Floss in your chair	* Slow it down * Practise the Forest Floss hip movement by itself. Then practise the Forest Floss arm movement by itself.	Speed it up	* Arms swinging in the opposite direction than hips * Legs and arms straight
Monkey Twist	Move like 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



Movement	Seated modifications	Other modifications	Progressions	Watch points
Flamingo Balance	Sit on a wobbly cushion and balance with your eyes closed	Do the Flamingo Balance: - Focusing your eyes on something still in front of you, to help you balance - With the toes of your lifted foot touching the floor	Try the Flamingo Balance: - With your foot up higher (on the thigh of the opposite leg) - Balancing with your eyes closed - Balancing on a wobbly surface, or - Moving your lifted foot while keeping the rest of your body frozen still. Pedal an imaginary bicycle one-legged or write your name in the air.	* Keeping your foot still on the floor and your body still * Hips level (not dropping down on one side) * Tummy muscles squeezed, to help balance