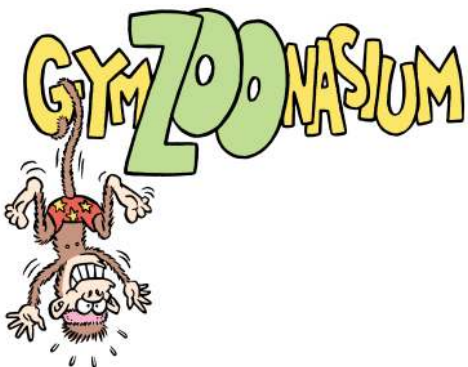
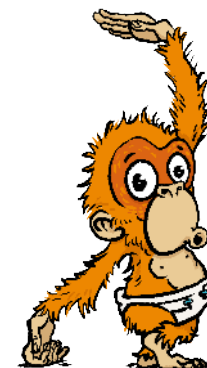




SPINE TIME

5m 40s



Did you know your spine can move in 6 different ways?
In Spine Time, we will do them all, to help keep our spine healthy.

Movement	Seated modifications	Other modifications	Progressions	Watch points
Pufferfish Puff (seated)	Do Pufferfish Puff in your chair	Do Pufferfish Puff lying down on your back: 1. Lie on your back, with your hands gently resting on your belly 2. Take a deep breath in through your nose. Breathe the air all the way down into your belly, to puff your belly up like a balloon. 3. Breathe the air back out from your belly and out through your mouth. (As you do this, let your belly lower back down).	Take longer, slower breaths	* Belly expanding as you breathe in, and deflating as you breathe out



Movement	Seated modifications	Other modifications	Progressions	Watch points
Squished Cockroach	Put your left hand on the outside of your right knee. Push on your knee to help you twist your upper body as far as you can to the right.		In the Squished Cockroach position, straighten the leg that is crossed over. Hold onto that foot or toe if you can.	* Your straight arm and shoulder touching the floor
Orangutan Stretch (lying down)	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
Shark Scare	Lean forward from your hips with your back straight. Clasp your hands behind your back (to make a shark fin). Lift your hands up and back. Gently arch your upper back to reach your chest up and forwards.		While doing the Shark Scare, lift your legs off the floor also	* Legs straight and feet squeezed together



Movement	Seated modifications	Other modifications	Progressions	Watch points
Armadillo Curl	Curl your body down, reaching towards your feet.	Complete this stretch with one leg bent (with the bent knee pointed out to the side). Lean forwards to bring your chest towards the straight leg.	While doing the Armadillo Curl, flex your toes back towards you	* Legs straight * Shoulders down and back * Deep breaths (not holding your breath)
Pufferfish Puff (lying down)	Do Pufferfish Puff in your chair	Do Pufferfish Puff lying down on your back: 1. Lie on your back, with your hands gently resting on your belly 2. Take a deep breath in through your nose. Breathe the air all the way down into your belly, to puff your belly up like a balloon. 3. Breathe the air back out from your belly and out through your mouth. (As you do this, let your belly lower back down).	Take longer, slower breaths	* Belly expanding as you breathe in, and deflating as you breathe out