



STEAM TRAIN SEVEN

7m 36s

Are you ready for a challenge?

Let's count down through seven poses, where you will need strength, balance and determination!



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 the front and back foot.



Movement	Seated modifications	Other modifications	Progressions	Watch points
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
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)

Movement	Seated modifications	Other modifications	Progressions	Watch points
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
Praying Mantis Plank	Put the palms of your hands together. Push them together strongly for as long as you can.	Do the Praying Mantis Plank... On your knees (instead of toes) With a ball under your tummy	• Try lifting one foot slightly off the floor. Change legs each each 10 seconds.	* Body in a straight line (don't let your bottom drop down or lift up in the air) * Tummy muscles switched on * Shoulders down and neck relaxed



Movement	Seated modifications	Other modifications	Progressions	Watch points
Elephant Balance	Point one arm up to the ceiling and the other arm down to the ground. Then switch to point them the other way. If you can, lift your opposite leg towards the arm that is pointed up.	Lift only one arm OR one leg at a time.	Try the Elephant Balance in a full push-up position (balancing on your hands and toes, with your back straight). Lift only one leg OR 1 arm at a time.	* Back and hips staying flat like a table
Snail Curl	Curl your upper body forwards like a snail hiding in its shell	Do the Snail Curl with... - Your arms by your side - Your head resting on your fists or a firm pillow, or - A folded towel or blanket on top of your feet	Move your knees wider apart to feel a deeper stretch in your hips	* Head down. If your head can't reach the floor, rest it on your fists or a firm pillow.