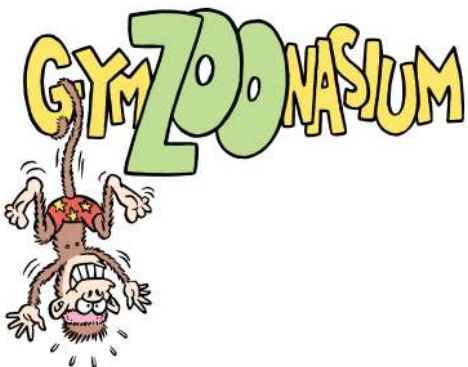




SUNRISE BEACH STRETCH

4m 24s

Good morning!
Let's start the day at the ocean,
with Sunrise Beach Stretch.



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)
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
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, or - 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
Leopard Stretch	Sit with a sturdy desk in front of you. Lean forward from your waist, reaching your hands as far forward on the desk as your can.		While doing the Leopard Stretch, place your left hand on top of the right to feel a stronger stretch. Hold for 5 deep breaths then switch hands.	* Hips up in the air. If your hips are lower, slide your hands further forward to lift your hips up.