



SUPER SUN SALUTATIONS



10m 37s

If you've already challenged yourself with our Sun Salutation sequence, and you're ready for more, then it's time to try Super Sun Salutations. Let's fire up your body, wake up your muscles and increase your heart rate, as we cycle through again and again.

Movement	Seated modifications	Other modifications	Progressions	Watch points
Cat Stretch	Curl forwards and arch your back up as high as you can (angry cat). Then sit up straight and push your chest out (happy cat).			* Hands under your shoulders and knees under your hips * Neck relaxed
Downward Dog	Bend your body forward over your legs. Reach your arms out in front of you.		Do Downward Dog with your legs straight and feet flat on the floor.	* Knees as straight as possible * Head and neck relaxed, looking towards your feet



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Bat Hang	Stretch your body out (towards the ceiling) and then bend over to touch your toes.		* In the Bat Hang position, hold your ankles and gently pull your body closer to your legs. * Start standing, with your left foot crossed over the right. Do the Bat Hang with your legs crossed like this.	* Knees straight
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
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

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Cobra Lift	Place your hands behind your head, to keep it supported. Squeeze your tummy muscles and pull your shoulder blades down and back. Lean your head and shoulders back slightly and push your chest up towards the sky.	<u>Standing</u> : Stand facing a wall and place your hands on the wall. Squeeze your elbows into your sides. Press against the wall, pull your shoulder blades down and back, and push your chest out.	Do the Cobra Lift with your hands on the floor instead of your forearms. Only straighten your arms as feels comfortable for your back (don't force the backbend). Lower back down if you feel any pain or discomfort.	* Legs long * Neck relaxed * Shoulders pulled down and back * Elbows close to the body (not pointing outward) * Be gentle. Don't push yourself too high or force this backbend. Focus on pushing your chest forward, and allow the lift to come as a natural extension of your spine.
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.