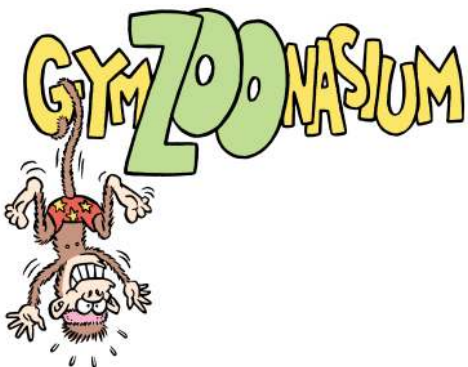
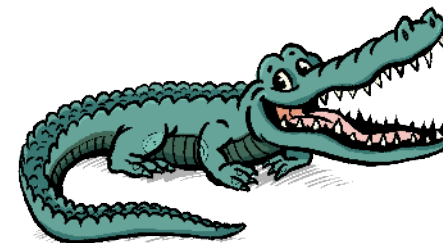




THE RESILIENT RIDER

5m 26s



Some animal species have survived for millions of years - because they are resilient.
Today you are the Resilient Rider, on an epic journey to discover their survival secrets.

Movement	Seated modifications	Other modifications	Progressions	Watch points
Alligator Snap	Put your hands on the outside of each knee. Push outwards with your knees and inwards with your hands.	Do the Alligator Snap with your hands on the floor beside you, to help you balance.	Try the Alligator Snap with... - Your eyes closed - Your bottom leg held up off the floor - Your arms lifted up off the floor, or - Your legs and arms both 'snapping' up and down together	* Body in a straight line (like a plank of wood) * Tummy muscles and buttocks squeezed
Pterodactyl Take-off	Sit with your arms out straight and lean over towards one side. If possible, slide the leg you're leaning towards out wide to the side.		While doing Pterodactyl Take-off... - Lift the heel of your bent leg off the floor, or - Move your back arm down along your straight leg and reach your front arm up towards the ceiling. Arch your body over towards your straight leg, looking up towards your hand.	* The foot on your bent knee facing to the side and the foot on your straight leg facing forward. * The knee of your bent leg above your ankle * Shoulders down and back * Chest upright * Arms straight out to the sides



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
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)
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