



WEEKDAY WORKOUT

12m 25s



Weekday Workout helps our bodies warm up, build strength, stretch and relax.
This session ends with a relaxing garden meditation, to leave us feeling calm and relaxed.

Movement	Seated modifications	Other modifications	Progressions	Watch points
Orangutan Stretch	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
Monkey Twist	Move like the Monkey Twist in your chair	Do Monkey Twist with just your legs, and then with just your arms	Speed it up	* Upper body twisting in the opposite direction to lower body * Tummy muscles squeezed
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



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Caterpillar Crawl	Stretch your body up towards the sky. Walk your hands in the air down to touch your toes, then back up.		Do the Caterpillar Crawl slower and with more control, or moving forwards around the room	* Straight back and legs * Hips level (not rocking side to side) * Abdominal muscles squeezed
Mountain Climber	Sit up tall and put your arms straight out in front of you. Keep your arms straight and strong, as though you're pushing against an invisible wall. March your legs up and down, lifting your knees up as high as you can.	Do Mountain Climber standing: Have your arms straight out in front of you and hands pushing gently against a wall. March your legs up and down, lifting your knees up as high as you can.	Speed it up	* Squeezing tummy muscles * Back straight * Shoulders pulled down and back * Hips staying level, and as still as possible
Gecko Creep	Climb up an imaginary ladder with your arms (and your legs too if possible).	* Start in a standing push-up position (with your hands against a wall). Lift your knee up towards your elbow and back down, then swap sides. * Start in a push-up (on your hands and toes). Keep your body still, while you step one foot forward then back.	Try balancing a soft toy or pencil case on your back while doing the Gecko Creep. Try not to let it fall!	* A straight line from shoulders to heels (rather than hips lifting up or sagging) * Moving your hand and opposite foot at the same time * Small, slow, controlled steps * Tummy muscles squeezed



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Fish Freeze	Lean your body slowly over to one side, keeping your back long and tummy strong. To make it more challenging, stretch your arms above your head.	Do the Fish Freeze with your knees bent and your bottom knee on the floor.	While doing the Fish Freeze, lift your top leg and hold it up (to make your fish tail bigger)	* Lower elbow under your shoulder * Abdominal muscles squeezed * Body straight all the way from shoulders to hips to feet * Top shoulder above the lower one, rather than leaning forwards * Normal breathing (not holding your breath)
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.
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
Sloth Snooze	Sit on a chair and curl your body forward into a "C" shape. Move one foot forwards, straighten that leg & flex your toes towards you.	Do the Sloth Snooze with... - Just one leg at a time stretching up into the air - Your legs up against a wall	While doing the Sloth Snooze, flex your toes back towards you	* Bottom ideally against the wall * Legs straight * Neck and upper body relaxed