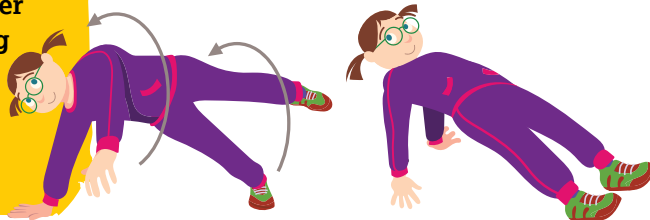


TEACHING  
NOTES

## Push Turn

- 1 Start in a plank position on the floor, with arms straight and hands flat on the mat.
- 2 Keeping one hand on the floor, swing the other arm up and over while turning the body, landing in a Crab Walk position.
- 3 Swing the other arm around to return to a plank position.

**MODIFICATION:** Start on all fours, with knees bent, instead of plank position and keep lower legs on mat while using upper body to turn.



TEACHING  
NOTES

## Stork Stand

- 1 Stand facing forward with hands on hips.
- 2 Lift one leg and place the sole of this foot against the inside of the opposite leg (not against knee). Vary the challenge by bringing the foot further up the thigh (harder) or lower down the calf (easier).
- 3 Hold for as long as possible using hands for balance if necessary.
- 4 Repeat with opposite leg.



**MODIFICATION:** Bend elbow and lean on forearm instead of hand. Keep the other hand on the floor to help stabilise the body.

TEACHING  
NOTES

## Coffee Grinder

- 1 Start in a side position, leaning on the side of your feet with one arm straight underneath you and hand flat on the mat.
- 2 Stretch the other hand up to the sky.
- 3 Walk the feet slowly around to make a full circle.
- 4 Repeat on opposite side with other hand.



COFFEE GRINDER

TEACHING  
NOTES

## Push Stand

- 1 Begin in a plank position on the floor, with arms straight and hands flat on the mat.
- 2 Jump with both feet into a squat position, bringing knees to the chest while keeping hands on the floor.
- 3 Jump to a stand with arms overhead.
- 4 Return to squat position and jump both feet back into plank position.

