



Seated/Stretching and Warm Up

Sit Tall with both feet flat on the floor:

-Shoulder Rolls

-Reach up with an inhale/Relax down with an exhale

Hands on lap:

-Cow with an inhale/Cat with an exhale

Knee Lifts - alternate

Open your knee to the outside and return to center – alternate

Both feet stay on the floor

Lift your toes together/Lift your heels together

Bring your knee into your chest – add ankle circles in each direction

--toes point down, toes pull up “point and flex”

Repeat on the other leg and ankle

Cardio Segment

March your feet; add your arms or move your arms only

Bicep curls

Shoulder raises to the side and up

March and pump your arms

March Out Out In In with your feet

Arms can follow your legs

Option to keep the feet out out and punch your arms to the front

Add any other arm and leg movements that you enjoy

Standing/Balance

Squats – small squats

Stand by chair – “tightrope” with one foot in front of the other add a small twist for challenge

Right and Left

Stand behind chair – Lift your heels with a little pause as you stand on your toes.

Stand tall with your feet under your hips:

Reach up, look up, inhale/Release arms, look front, exhale

Reach up, look right, inhale/Release arms, look front, exhale

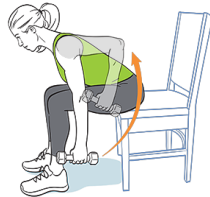
Reach up, look left, inhale/Release arms, look front, exhale

Step right and left, small side step or larger step as if you are stepping over something

Stretch your legs by bending at the hips and forward fold

Seated/Weights

Row for your back - Slight lean forward at your waist, palms face your legs, shoulders down, pull your elbows up and to the back of the room



Bicep curls – Sit tall, palms face the front of the room, curl your arms (just the elbows hinge-shoulders are relaxed)



Side lateral raises – Palms face your body, lift your arms to the side (stop shoulder height or lower), release down



Overhead press – Palms face the front of the room, press your arms up and release down



Leg Extension – Bottom of feet on the floor, extend leg straight and bend knee foot to floor
Right Leg and Left Leg

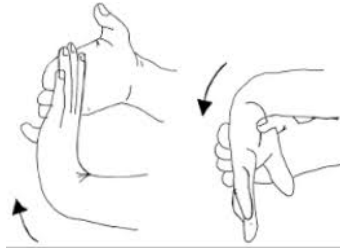


Heel Drags – Foot out to the front, drag your heel towards the chair



Finger and wrists focus: Clothespins or thumb to the tip of each finger
Stretch fingers long followed by making a fist

Wrist stretch:



STRETCHING

Hamstring Stretch



Hip Stretch



Quadriiceps/Front of hip stretch



Chest and Back Stretch: Open your arms to the side, lift chest, round forward as you hug a big ball for your upper back stretch

Shoulder Stretch: Open arms to the side, give yourself a big hug; Switch the arms on the bottom

Neck stretch: Sit tall, chin to chest, chin to right shoulder, chin to left shoulder

Neck stretch: Sit tall, look to the right and look to the left