

## 1. Warm Up (10 min)

Lower Body	<input type="checkbox"/> Alt heel lift R/L <input type="checkbox"/> March <input type="checkbox"/> Alt knee lifts / flexion and extension <input type="checkbox"/> Hip opener
Upper Body	<input type="checkbox"/> Front raise <input type="checkbox"/> Lateral raise <input type="checkbox"/> Chest press <input type="checkbox"/> Chest stretch
Core	<input type="checkbox"/> Modified cat/cow <input type="checkbox"/> Gentle twist R/L

## 2. Work (10 min)

Lower Body	<input type="checkbox"/> Alt. knee lifts <input type="checkbox"/> Knee lift pulse <input type="checkbox"/> Sit to stand
Upper Body	<input type="checkbox"/> Chest fly <input type="checkbox"/> Tricep kickback <input type="checkbox"/> Front raise
Core	<input type="checkbox"/> Clasp hands / figure 8 arms <input type="checkbox"/> R heel lift / L arm forward (alt.) <input type="checkbox"/> Alt. heels F / lean back
Cognitive Drill	<input type="checkbox"/> Point to your left hand and hold up 1 finger, point to your right hand and hold up 2 fingers. Continue to 5 and then reverse.

## 3. Final Stretch and Relaxation (10 min)

Lower Body	<input type="checkbox"/> Ankle flexion/extension <input type="checkbox"/> Hip opener <input type="checkbox"/> Hamstring stretch
Upper Body	<input type="checkbox"/> Arms reach forward / back <input type="checkbox"/> Chest stretch <input type="checkbox"/> Neck stretch <input type="checkbox"/> Hug - upper back stretch <input type="checkbox"/> Chin to chest <input type="checkbox"/> Wrist circles <input type="checkbox"/> Hands open / close <input type="checkbox"/> Hug - upper back stretch
Relaxation Technique	<input type="checkbox"/> Focused breathing and relaxation

**Class Description:** The SilverSneakers® Mobility class provides gentle, chair-supported exercises to enhance mobility and increase range of motion in all major joints.

**Class Goals:** Enhance mobility and range of motion, improve activities of daily living and support cognitive health.

**Class length:** 30 minutes

**Equipment requirement:** chair, wheelchair or Rollator.

**Music:** Use music with a beat per minute (BPM) of 120-124 or slower.

**SilverSneakers Minimum of Three Guideline:** Cue a minimum of three times for breathing, posture, hydration and perceived exertion.

### Key

R=right L=left B=back F=forward Alt=alternating