

## 1. Warm-Up (10 min)

Lower Body	<input type="checkbox"/> Alt heel lift R/L <input type="checkbox"/> March <input type="checkbox"/> Alternate knee lifts – add leg extension, bend, lower <input type="checkbox"/> Hip opener – alt R/L step open/close
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) - STANDING

Lower Body	<input type="checkbox"/> March <input type="checkbox"/> Out / out / in / in <input type="checkbox"/> Wide march / weight shift
Upper Body	<input type="checkbox"/> Forward raise/ rotation <input type="checkbox"/> Biceps curl / triceps extension <input type="checkbox"/> Hip hinge / reverse fly
Core	<input type="checkbox"/> Alt. posterior toe taps <input type="checkbox"/> Calf raise <input type="checkbox"/> Alt. lateral bend
Cognitive Drill	<input type="checkbox"/> R knee lift/ tap L hand (alt.)

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

Lower Body	<input type="checkbox"/> Hip opener – move toe/heel to wider stance <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