

# New Moves for SilverSneakers Signature Tools 2026



## Key

R = right  
x = times

L = left  
alt = alternate

F = forward  
ctr = center

B = back  
diag = diagonal

ct = count(s)  
lat = lateral

## Tool: Handheld Weights

Set Up: Hold handheld weights securely in hands. Feet hip distance apart.

<b>32 Count Choreography</b> <ul style="list-style-type: none"><li><input type="checkbox"/> Hammer curl R with opp knee lift / overhead press with toe tap F / weight to shoulder with knee lift / return feet hip distance apart (8 ct)</li><li><input type="checkbox"/> Lateral bend R / L (8 ct)</li><li><input type="checkbox"/> Hinge / row / lower / stand tall (8 ct)</li><li><input type="checkbox"/> <i>Repeat L lead</i></li></ul>	<b>Progressions/Regressions</b> <p>Progression</p> <ul style="list-style-type: none"><li><input type="checkbox"/> Double arm curl and press</li></ul> <p>Modifications</p> <ul style="list-style-type: none"><li><input type="checkbox"/> Remove knee lifts and toe tap F</li></ul> <p><i>Choreography can be performed seated</i></p>
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## Tool: Elastic Tubing with Handles

Set Up: Hold handles with hands slightly wider than hip distance apart. Begin with tubing at or below shoulder height.

<b>32 Count Choreography</b> <ul style="list-style-type: none"><li><input type="checkbox"/> Single arm R scapula adduction (4 ct)</li><li><input type="checkbox"/> Single arm L scapula adduction (4 ct)</li><li><input type="checkbox"/> Both arms pulse 3 / release 1 (8 ct)</li><li><input type="checkbox"/> Arms reach up / pull-apart / in / down (8 ct)</li><li><input type="checkbox"/> Rock step R with reverse curl (4 ct)</li><li><input type="checkbox"/> Rock step L with reverse curl (4 ct)</li><li><input type="checkbox"/> <i>Repeat L lead</i></li></ul>	<b>Progressions/Regressions</b> <p>Progression</p> <ul style="list-style-type: none"><li><input type="checkbox"/> Add heel lift to pull-apart</li><li><input type="checkbox"/> Replace rock step with reverse lunge</li></ul> <p>Modifications</p> <ul style="list-style-type: none"><li><input type="checkbox"/> Perform movements without equipment</li><li><input type="checkbox"/> Decrease ROM of overhead reach</li></ul> <p><i>Choreography can be performed seated</i></p>
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## Tool: Soft Playball

Set Up: Wide stance toes to diagonal. Begin with soft playball in front of chest.

<p><b>32 Count Choreography</b></p> <ul style="list-style-type: none"><li><input type="checkbox"/> Ball press pulse 3 / reach F (8 ct)</li><li><input type="checkbox"/> Ball press pulse 3 / reach down (8 ct)</li><li><input type="checkbox"/> Ball R shoulder / L heel lift (4 ct)</li><li><input type="checkbox"/> Ball L shoulder / R heel lift (4 ct)</li><li><input type="checkbox"/> Open low diag / pass overhead (8 ct)</li><li><input type="checkbox"/> <i>Repeat L lead</i></li></ul>	<p><b>Progressions/ Regressions</b></p> <p>Progression</p> <ul style="list-style-type: none"><li><input type="checkbox"/> Add squat pulse to ball press</li><li><input type="checkbox"/> Add squat to reach F / D</li><li><input type="checkbox"/> Add heel lift to pass overhead</li></ul> <p>Modifications</p> <ul style="list-style-type: none"><li><input type="checkbox"/> Remove heel lifts</li><li><input type="checkbox"/> Pass ball in front or behind</li></ul> <p><i>Choreography can be performed seated</i></p>
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