

Key

R = right	L = left	F = forward	B = back
Ct = count(s)	x = times	alt = alternate	ctr = center
diag = diagonal	DB = double	ST = step touch	

Please refer to video examples in the Exercise Library.

Warm-Up (seated/standing)

- Posture reset and breathing
 - Sit/stand tall, feet flat, shoulders relaxed
 - Inhale, expanding ribs sideways and outward; exhale
 - Abdominal bracing, gentle core contraction
 - Improves spinal alignment, activates deep core stabilizers*
- Walk in place > alternating pedal
 - Roll toe-ball-heel, chest up, hands relaxed
 - Engaged core
 - Teaches core/spine support for movement to come*
- Upper body combination
 - Shoulders lift up, pull down
 - Alternate roll shoulders
 - Alternate long arm circle back + gentle torso rotation
 - Bent arms, gentle torso rotations > step feet to turn hips and engage lower back
 - Mobilizes thoracic spine, prepares postural muscles*
- Knee lift + pull back
 - Alternate knee lift + low arms pull back-reach front
 - Activates core, hip flexors and back muscles*
- Step touch with chest stretch
 - Step touch + ½ tempo chest opener
 - Engage postural muscles, warm chest/upper back, reinforce open, upright posture*
- Figure 8
 - Anchor feet, clasp hands, figure 8 pattern
- Cat/Cow
 - Seated: hands on thighs, arch back (open chest), then round spine (tuck chin)
 - Standing: hands on thighs or hips, or lightly holding back of chair, same motion
 - Warms spine through flexion/extension*
- Good morning stretch
 - Reach arm F and up + sweep arms down/B + slight hinge
- Alt F steps
 - Alt F step hold
 - + add figure 8 arms
- Narrow Squat

Hand-held Weights (seated demo)

1. Shoulder shrugs up/down
 - *Upper body strength and posture*
2. Overhead press (back in chair and/or forward in chair)
 - Neutral grip: palms face in
 - Optional rotation: palms face in at shoulders, rotate forward on the lift up
 - *Upper body, gluteal and core strength*
3. Scapular retraction
 - Slight hinge/lean forward, spine lengthened, arms hang down
 - Move from the shoulder blade, lifting and squeezing towards each other, controlled release
 - *Upper/mid back strength*
4. Upright row
 - Pull hands up towards armpits/hips, release to thighs
 - Variation: Single arm row, rotating palm into hip, gentle torso rotation
 - *Upper/mid back strength*
3. Hinge supine row
 - Pull at a diagonal from your toes to your hips
 - *Mid-back strength and stability*
4. Alternating diagonal reach with torso rotation
 - *Back rotation strength endurance and stability*
5. Hinge alternating reverse fly
 - *Back strength and stability*
6. Lateral side bend
 - Ribcage to hip; length opposite side
 - *Lateral core strength*
7. (Weights on thighs) alternating pedal + alternating knee lift
 - *Core stability and strength*
8. (Weights on thighs) "Pressure" Squat
 - Gentle hinge forward, weight in feet "as if going to stand up", release tall posture
 - *Core stability and strength*

Handheld Weights (standing demo)

1. Right foot front split stance squat; Left front split stance squat
 - Body weight sits back in front heel
 - Hand weight on same side as back leg (off-set load) or can use two hand weights, one on each side
 - *Leg, thigh, hip strength; core support & endurance*
2. Right foot front split stance-L overhead press; Left front split stance-R overhead press
 - Push weight up and slightly in front
 - *Core and postural control*
3. Right foot front split stance - left row with rotation
Left foot front split stance - right row with rotation
 - Push weight up and slightly in front
 - *Mid-back strength*
4. Hip Hinge
 - Hips bush back, lengthen through spine and hamstrings
 - *Low-back strength (also hips, hamstrings)*

5. Reverse Fly
 - From a gentle hip hinge, arms hang down; open from the shoulder lifting out and up to the sides
 - Lead with elbows and stay strong through the wrist
 - Option: alternate arms
 - *Upper/mid-back strength; core stability*
6. Alternating front crouch
 - Step forward heel-ball-toe, shift weight forward, sit down with weight going into front heel
 - Option to add on: if torso stays upright, lateral arm raise; if torso slightly hinges forward, reverse fly
 - Use legs for strength with the upper body lift and control back down
 - *Low-back strength; core stability (leg strength)*
7. Woodchop
 - Neutral feet; option split stance; lunge position
 - Right shoulder to left hip; left shoulder to right hip
 - Gentle torso rotation
 - *Rotation, core stabilization*
8. Swing to pull-push-release
 - 1 weight; neutral feet; small lift to the left to start, push to the right, pull to the heart (option to pull to the back shoulder), push up and in front, controlled release back down and to the left
 - "step-step" controlled swing
 - (set up on the other side)
 - *Upper back strength; core power*
9. Front raise with core brace
 - Contract glutes, upper back muscles engaged
 - Rhythmic variation for power: lift for a count of 1, slowly lower for a count of 3
 - *Core and postural control; core power*

Elastic Tubing with Handles (seated demo)

1. Core lean back
 - Tubing anchored under both feet; feet under knees or optional one step forward
 - Holding handles down by sides, lengthen spine, lean back, keep feet anchored to the floor
 - *Spine stability, core low-back and core front strength*
2. Double arm press back
 - Sit upright, arms down, palms face the back of the room
 - Press back from the shoulders, small range of motion
 - Option: slight lean/hinge forward
 - Rhythmic variation: pulse back three times, release to the hips
 - *Upper back (and shoulder) strength*
3. Back angle biceps curl
 - Feet slightly out in front of knees
 - Small lean back from the hips
 - Elbows a bit in front of the torso (diagonal line from feet-anchor through elbows to shoulders)
 - Bend elbows and bring wrists towards shoulders
 - *Core stability/strength*
4. Lateral raise
 - Feet anchored, arms lift out and up from the sides
 - Move from the shoulder, lead with the elbows, strong through the wrists
 - *Core stability*

5. Front raise
 - Feet anchored, arms lift up in front (palms down)
 - Move from the shoulder, lead with the elbows, strong through the wrists
 - *Core stability*
6. Variation: one arm lateral raise; one arm front raise
 - Feet anchored, arms lift up in front (palms down)
 - Move from the shoulder, lead with the elbows, strong through the wrists
 - *Core stability*
7. Low row
 - Put opposite handle in hands (right handle in left hand; left handle in right hand; makes an "X")
 - Keep feet anchored to the floor; pull up and back towards hips; hands rotate in towards hips; draw shoulder blades together
 - *Upper-mid back strength and endurance*
8. High row
 - Put opposite handle in hands (right handle in left hand; left handle in right hand; makes an "X")
 - Keep feet anchored to the floor; pull up and back towards hips or shoulders; palms face down towards floor
 - *Mid/upper back strength and endurance*
9. Single arm row with rotation
 - Put opposite handle in hands (right handle in left hand; left handle in right hand; makes an "X")
 - Keep feet anchored to the floor; pull right hand up towards hip, rotate hand towards the right, draw shoulder blade in towards spine
 - Repeat on the other side
 - *Rotational strength and stability; mid-back strength*
10. Overhead press, palm forward, tube behind elbow
 - Anchor the tubing by sitting on it
 - Right palm, palm up in the handle; rotate palm forward bringing tubing behind the elbow
 - Press up and in front, pull down bringing elbow slightly back
 - Reduce resistance by providing more length to the tubing on the working side
 - Increase resistance by providing less length to the tubing on the working side
 - Rhythmic variation: push up 3cts, down 1 ct
 - *Upper/mid back strength; core stability (upper body strength is posterior delt)*
11. Overhead press, palm forward, tube in front of elbow
 - Similar to above, but overhand grip on handle, drop elbow so that tubing is in front of elbow
 - *Upper/mid back strength; core stability (upper body strength is anterior delt)*
12. Long arm cross body pull and rotation
 - Right hand anchors to left handle; overhand grip, palm down
 - Gently rotate torso towards the left
 - Move from the shoulder, lift and sweep the long arm up and across the front while rotating torso front and gently towards the right
 - Move from the shoulder, lead with the elbows, strong through the wrists
 - *Upper/mid back strength; core stability, spine/back rotators*
13. Scapular retraction
 - Anchor tubing behind your back, under "armpits"
 - Hold handles overhand grip, extend arms forward – palms in front of shoulders, rotate palms to face each other
 - Imagine being pulled forward, not down; separate shoulder blades and gently round upper back
 - Lift chest up, pull shoulder back and down

- *Upper/mid back strength; core strength*
14. Open wide - release
 - Release tubing to out in front of body
 - Hands can go into handles like “bracelets”; hold the center of the tubing, palms down, about shoulder distance apart
 - Open wide, release to center
 - Move from the shoulders, lead with the elbows, strong through the wrists; keep palms down, leading with pinky finger
 - *Upper/mid back strength; core stability*
 15. Lat pull-down
 - Release tubing to out in front of body
 - Hands can go into handles like “bracelets”; hold the center of the tubing, palms down, about shoulder distance apart
 - Lift arms up and in front
 - Open wide while pulling down, drawing elbows towards hips and slightly back
 - Move from the shoulders, lead with the elbows, strong through the wrists; keep palms down, leading with pinky finger
 - Variation: Single arm anchor: opposite arm pulls down and back
 - *Upper/mid back strength; core stability*

Elastic Tubing with Handles (standing demo)

1. Squat / split stance squat
 - Tubing anchors under one foot
 - Option: neutral stance, handles anchor in one hand, palm forward, push hips back, bend at the hips, knees, and ankles
 - Option: split stance, foot anchoring the tubing is the front foot
 - *Low back/core stability*
2. Hip hinge / single leg hip-hinge
 - Tubing anchors under one foot
 - Option: neutral stance, handles anchor in one hand, same side as anchored foot, palm forward, push hips back, gentle hinge from the hips, lengthen hamstrings, squeeze glutes on rise back to the top
 - Option: split stance, foot anchoring the tubing is the front foot, back foot is a kickstand
 - Rhythmic variations: 4cts down- 4cts up; 2cts down- 2cts up;
 - *Low back/core stability*
3. Bent over reverse fly
 - Tubing anchors under one foot (less resistance); or under both feet (more resistance)
 - Set gentle hip-hinge: Lead from the elbows opening the arms out and up from the sides
 - *Upper/mid back/core stability*
4. Squat
 - Tubing anchors under both feet
 - Arms can be at sides, palms in or palms forward, bend at the elbows, slight lift in front for more resistance
 - Option: alternating squat – step out, lower down, lift and step back to center, other side
 - *Low back/core stability*
5. Hip abduction
 - Tubing under both feet

- Handles in each hand
 - Step out to the side, lead with the heel, step back in
 - Option: anchor both handles in opposite hand for more resistance
 - Option: stabilize in standing support leg, lift other leg out to the side and up, leading from the hip
 - *Low back/hip/core stability*
6. Upright row ("X" position)
 - Tubing under both feet
 - Right handle in left hand; left handle in right hand ("X" position)
 - Palms face in towards body
 - Pull hands up and out to the sides (aim to pull between top of hips and arm pits)
 - *Upper/mid back strength*
 7. Biceps curl ("X" position)
 - Tubing under both feet
 - Right handle in left hand; left handle in right hand ("X" position)
 - Palms face out
 - Bend at elbows pulling palm towards shoulder; work to keep wrist between hip and shoulder
 - Option: single arm
 - Rhythmic variations
 - *Upper back stabilization*
 8. Single arm overhead press – lat pull down (advanced exercise)
 - Release one side of tubing down to the floor; anchor by stepping right foot on the tubing close to the handle; step left foot forward (split stance or lunge position)
 - Remind participants that the back foot is the anchor (it's natural to load the front foot, they will need a reminder to load the back foot, otherwise the tube may slip and hit them in a very undesirable location)
 - Right palm up in handle, rotate palm forward, tubing behind elbow; push up and in front
 - Rhythmic variations
 - *Upper/mid back strength; core stabilization*
 9. Single arm bicep curl variation
 - Release one side of tubing down to the floor; anchor by stepping both feet on the tube, just inside where the handle is on the floor
 - Same side single arm biceps curl
 - *Upper/mid back stabilization*
 10. Single arm cross body row variation
 - Release one side of tubing down to the floor; anchor by stepping both feet on the tube, just inside where the handle is on the floor
 - Hold the handle with the opposite hand to the anchor position; gentle rotation to that side
 - Pull into a low row, pulling hand towards hip, rotating torso and gently drawing shoulder blade in
 - *Upper/mid back stabilization; spine rotators*
 11. Single arm cross body lift
 - Release one side of tubing down to the floor; anchor by stepping both feet on the tube, just inside where the handle is on the floor
 - Hold the handle with the opposite hand to the anchor position; gentle rotation to that side
 - Long arm lift and rotate; lead from shoulder, strong through the elbow and wrist
 - *Upper/mid back stabilization; spine rotators*
 12. Single arm pull down

- Tubing is out in front; right hand in the handle as a “bracelet”; anchor tubing with right hand about 6 inches from the left handle; right arm lifts and anchors up and in front; left hand palm down in handle, start position about heart height
 - Pull down towards hip and slightly back
 - Option: anchor out in front of right shoulder
 - Neutral or split stance position
 - *Upper/mid back stabilization; spine rotators*
13. Triceps Extension
- Tubing is out in front; right hand in the handle as a “bracelet”; anchor tubing with right hand about 6 inches from the left handle; right hand anchors just under chin
 - Left hand palm down in handle
 - Push arm down towards hip, contract triceps muscles, slow release
 - Neutral or split stance position
 - *Core stabilization*

Soft Playball (seated demo)

1. Under foot press down
 - Place ball under one foot; inhale and press foot down into the ball, exhale and release
 - Keep torso up tall, press from the hip not the torso
 - Contract through the glute and hamstring
 - *Core/hip stabilization*
2. Calf raise + ankle squeeze
 - Place ball between heels/ankles
 - Lift heels, squeeze heels towards each other, release, lower down
 - *Core/hip stabilization*
3. Rolling leg extension
 - Place ball under one foot; roll out, lengthening from the hip and knee, pull back in
 - Keep torso up tall, press from the hip not the torso
 - Contract through the glute and hamstring
 - *Core/hip stabilization*
4. Spine stretch forward
 - Place ball between heels of hands; stretch arms out in front of shoulder
 - Lengthen spine, lean forward reaching out not down; lift arms up bringing elbows towards ears, lower back down, sit up tall
 - *Core strength/stabilization*
5. Figure 8
 - Place ball between heels of hands; stretch arms out in front of shoulder
 - Bring ball down towards left hip, rotate torso towards the left, lift up, rotate back to center then down towards the right hip making a figure 8 pattern
 - Option: torso leans back (feet need to stay anchored on the ground)
 - *Core strength/stabilization/rotation*
6. Elbow squeeze
 - Place ball just above inside elbow and between elbow and rib cage
 - Gently squeeze elbow towards ribcage, release
 - *Core strength/stabilization*
7. Torso rotation
 - Place ball just above inside elbow and between elbow and rib cage

- Gently squeeze elbow towards ribcage; rotate torso left-center-right-center; reach opposite arm across heart and pull back
 - *Core strength/stabilization, spine rotation*
8. Side lean pull down
- Place ball just above inside elbow and between elbow and rib cage
 - Gently squeeze elbow towards ribcage; opposite arm reaches up and pulls down
 - Option to add a gentle side/lateral lean
 - *Core strength/stabilization*
9. Scapular retraction
- Place ball between heels of hands; stretch arms out in front of shoulder
 - Imaging being pulled forward, not down; separate shoulder blades and gently round upper back
 - Lift chest up, pull shoulders back and down
 - Option: arms stretch up overhead: shoulders lift up towards ears, pull back down (shoulder blades up-down)
 - *Scapular retraction, mobilization*

Soft playball (standing demo)

1. Anterior reach
 - Stand to the side and back of the chair
 - Place the ball in the hand farthest away from the chair
 - Anchor weight on the foot closest to the chair: other foot is a kickstand or can lift for more of a balance challenge
 - Rotate towards the chair, bend slightly at the hip, knee, and ankle while touching ball to the back of chair or for more of a challenge, touch the seat of the chair
 - Stabilize through the foot and leg to stand back up to a tall position
 - Option to add on: rotate torso/heart away from the chair on the push back to a standing tall position
 - *Spine stabilization, rotation*
2. Hinge alternating reverse fly with ball pass
 - Neutral feet: gentle hip hinge
 - Hold ball in one hand, arms hand down, open up and out to the sides, lower back down, pass ball to other hand, repeat
 - *Upper body strength and mobility; spine stability; core strength and endurance*
3. T-opener + rotation with ball pass
 - Neutral feet: arms extend out in front of shoulders
 - Hold the ball with one hand, open arms out to the side, come back to center, pass to the other hand, repeat on the other side
 - Option: split stance
 - Option: when arms are open out to the sides, rotate torso towards one side
 - *Thoracic spine rotational mobility*
4. Spine stretch forward
 - Neutral feet: Ball between hands, arms extend out in front about shoulder height
 - Hinge from the hip, reach out as far as comfortable (out, not down)
 - Pull hips under and lift back up to a tall posture
 - *Core strength and posture control*
5. Ball "face" circle
 - Neutral feet: Ball between hands

- Start at the right shoulder, circle the ball under your chin to the other shoulder, up and around your face/head, back down to the right shoulder and under chin over to the left shoulder; pause and repeat the other direction (1 ½ circles)
 - Weight shift into the foot same side as where the ball is
 - Option: tap in with unweighted foot or knee lift
 - *Core strength, posture control, spine stabilization*
6. Shoulder circle with torso rotation
- Neutral feet: Ball in right hand
 - Lift right arm up and in front, open torso towards the right circling the arm back and down, bringing torso back to center
 - Option: split stance (right foot back)
 - *Spine rotation, core stabilization*

Cardio: Speed and Agility Drills

1. Step touch over and back + walk in place > quick 1-2-3/1-2-3+walk in place
2. 8x alt knee lift + 16ct “fast feet”
3. 2x Calf raise + 8ct walk in place > or 4cts walk forward / 4cts walk backward
3. 2x up-up-bk-bk + side 1-2-3-tap > add a ¼ turn over and back
4. 1-2-3-tap f-b-f-walk / b-f-b-walk / f-b-f-walk / walk in place
 - *Core stabilization*

Cardio: Directional Changes

1. R step touch f-b > open to the left > back to f-b
2. R step touch side > open to the right (going back) > return to side
3. R V-step
4. R lead diagonal 4ct walk up-back (go towards the left corner)
5. R lead side DB ST > ¼ turn 1-2-3-tap
6. Slow V + walk 4 – option to use this move to change lead legs; the change happens on the slow V when both feet are in a neutral position)
7. Combination:
 1. 4x ST F/B
 2. 4x ST F/B open to the left wall on the back step
 3. 4x ST F/B
 4. 4x ST side to side
 5. 4x ST over and back then turn towards the right side of the room step touch over and back to center
 6. 8x R V-step
 7. 4x R lead go left diagonal walk
 8. 4x R lead side 1-2-3-tap (DB ST) or ¼ turn walk
 9. 3x R lead slow V + walk 4 (lead change on the slow V) walk the last 4cts on the new lead
 - *Core stabilization*

Cardio: Endurance

1. 3x DB ST + walk in place > 3x knee repeater
2. 3x Walk up 4-back 4
3. 2x Up-up-bk-bk

4. 4x alternating tap back
 - *Core stabilization*

Cool-down (seated/standing)

1. Tap front-side-back-knee + 3x step touch + hold
 - *Hip mobility and dynamic balance with postural stability*
2. Alternating rock-step back
 - *Hip and lower mobility and upper body posture*
3. Split stance hip flexor flow
 - *Hip and spine lateral mobility and control*
4. Split stance lateral lean flow
 - *Hip and spine lateral mobility and control*
4. "The Monkey"
 - *Core stabilization*
 - *Unanticipated quickness helps develop acceleration/deceleration, reaction and balance*
5. Bird-dog
 - Seated: alternate arm reach + opposite heel lift and glute squeeze
 - Standing: opposite arm and leg lift
 - *Mid-low back strength and stability*
6. Wise Owl Looks Behind
 - Rotate from the neck first, then shoulders (upper back), then hips (lower back), return back to center rotating from hips first, then shoulders, then neck
 - *Spine rotation*

Final Stretch (seated)

1. Neck stretches
 - Chin to chest
 - R ear to shoulder > rotate face towards R knee
 - Chin to chest
 - L ear to shoulder > rotate face towards L knee
 - Rotate face to right-center-left-center
2. Shoulder rolls back
3. Camel
 - Hands in "back pockets" or on seat of chair, fingers down (palms or backs of hands can face body)
 - Lift heart, chin neutral, relax neck, gently draw shoulder blades together
4. Supported roll down and up
 - Sit back in chair, spine tall against back of chair
 - Allow chin to softly fall towards chest, shoulders forward, slowly "peeling" spine off back of chair into a gentle forward roll-down; pause mid-back; slowly reverse direction, lengthening spine against back of chair
4. Seated Twist
 - Gently rotate torso towards the right, pause, return to center
6. Telescope arms with rotation
 - Sit forward in chair
 - Open arms out to the sides
 - Gently rotate torso towards the right, pause, return to center

7. Knee lift - hamstring stretch – shin stretch

- Lift R knee from underside, gently rounding at lower back
- Option: add an ankle circle
- Extend leg out in front, anchor heel down, lift tall through the spine, then lean forward, supporting weight on the bent knee
- Lift chest up tall, point toes forward, pull foot back in
- Repeat on other side