



SilverSneakers Everyday Movement

Seated Class Kit 3

1. Warm-Up (10 min)

Lower Body	☐ Alt heel lift R/L ☐ March ☐ Alt knee lifts / flexion and extension ☐ Hip opener
Upper Body	☐ Front raise ☐ Lateral raise ☐ Chest press ☐ Chest stretch
Core	☐ Modified cat/cow ☐ Gentle twist R/L

2. Work (10 min)

Lower Body	☐ Alt. heel slides R/L ☐ 4 calf raises / 4 heel walks ☐ Sit to stand
Upper Body	☐ R/L freestyle swim ☐ Reverse curl ☐ Cross at wrist, elbows draw back
Core	☐ Clasp hands, figure 8 arms ☐ R heel lift, L arm F (alt) ☐ Alt heels F, lean B

3. Cool-Down + Cognitive-Drill (3 min)

Cognitive Drill	☐ Point to your L hand and hold up 1 finger. ☐ Point to your R hand and hold up 2 fingers. ☐ Continue to 5 and then reverse.
-----------------	---

4. Final Stretch (4 min)

Lower Body	☐ Ankle flexion/extension ☐ Hip opener ☐ Hamstring stretch
Upper Body	☐ Arms reach forward / back ☐ Chest stretch ☐ Neck stretch ☐ Hug - upper back stretch ☐ Chin to chest ☐ Wrist circles ☐ Hands open / close ☐ Hug - upper back stretch

5. Relaxation (3 min)

Relaxation	☐ Focused breathing and relaxation technique
------------	---

Class Description: The SilverSneakers® Everyday Movement 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