

1. Warm-Up (10 min)

Lower Body	☐ Alt heel lift R/L ☐ March ☐ Alternate knee lifts – add leg extension, bend, lower ☐ Hip opener – Alt R/L step open/close
Upper Body	☐ Front raise ☐ Lateral raise ☐ Chest press ☐ Chest stretch
Core	☐ Modified cat/cow ☐ Gentle twist R/L

2. Work (10 min) **STANDING**

Lower Body	☐ March ☐ Out / out / in / in ☐ Wide march / weight shift
Upper Body	☐ Forward raise/ rotation ☐ Biceps curl / triceps extension ☐ Hip hinge / reverse fly
Core	☐ Alt posterior toe taps ☐ Calf raise ☐ Alt lateral bend

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

Cognitive Drill	☐ R knee lift/ tap L hand (Alt)
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4. Final Stretch (4 min)

Lower Body	☐ Hip opener – move toe/heel to wider stance ☐ 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
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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