

SilverSneakers BOOM MIND Sample Class

BOOM MIND is a flowing mix of yoga, Pilates and athletic stretching techniques. We will start with base level movements and I will offer progressions if you'd like to intensify the workout. Please feel free to work at your own pace and rest whenever you feel you might need to. We will start standing and work to our mat closing class with soothing stretches and relaxation.

Be sure to cue for water, breathing, posture and perceived exertion throughout the class.

Warm-Up and Range of Motion

1. Wide stance, draw the shoulders up, back and down
2. Tuck pelvis under and engage core by pulling your belly button to your spine
3. Become aware of your breathing, consciously inhaling through your nose, feeling your lungs expand and exhaling through pursed lips
4. Bring movement to breath and add a slight rotation through the upper body (8)
 - Allow the arms to swing gently side to side and come up onto each big toe
5. Back to center and now shift your weight side to side (8)
 - Take your hands to each knee and if comfortable look side to side
6. Back to center contract and release, with one hand on each thigh, flatten your back forward, then gently round your back up (4)
7. Round all the way up to standing and bring both feet under hips
8. Inhale both arms overhead and then draw hands to heart center
 - Exhale hands overhead and bring the arms back to your side
 - Repeat inhaling drawing the energy in the room to you and exhaling sending your energy out to those around you (4)
9. Step the R foot back into lunge for rock & release
 - Come up onto the toes of the R foot, then press your heel to the floor, as your arms forward and up, then to heart center (4)
 - Sit back in your hips shifting weight to the R foot and flexing the left foot with a straight knee, come back to standing, press your palms up and back then return to heart center when standing (4)
 - Alternate coming up on toes and sitting back in hips for a full rock & release (4)
10. Bring the R foot in with both feet under hips for reach and sit
 - Swing both arms overhead and come up onto your toes as you inhale, balance for a moment
 - Then lower heels, bend knees and drop your hips into chair pose as you exhale (4)
11. Step the L foot back into lunge for rock & release
 - Come up onto the toes of the L foot, then press your heel to the floor, as your arms forward and up, then to heart center (4)

- Sit back in your hips shifting weight to the L foot and flexing the R foot with a straight knee, come back to standing lunge, press your palms up and back then return to heart center when standing (4)
- Alternate coming up on toes and sitting back in hips for a full rock & release (4)

12. Bring the L foot in with both feet under hips

13. Inhale and bring both arms overhead for side stretches

- As you stretch to the R take hold of your L wrist
- Come back to center and release both arms down
- Roll both shoulders back

14. Inhale and bring both arms overhead for side stretches

- As you stretch to the L take hold of your R wrist
- Come back to center and release both arms down
- Roll both shoulders forward

Get water – PE Check

Work: Movement Block #1

1. Step out R into Warrior 2

2. Move into Pumping Warrior

3. Bring ribcage forward and straighten the front leg into Triangle Pose

- Circle top arm (3) then look to the sky past your finger tips
- Bring top arm to meet the other on your leg
- Contract and release your back (3)

4. Bend through the front leg and release your back heel coming into a high lunge with both arms over head

5. Press both arms halfway down as you come into a plie squat

- Alternate lifting heels off the ground while in the plie squat (8)
- Straighten the legs

6. Make small arm circles to the back with your middle finger engaging the entire arm (16)

7. Next as you slightly lift and lower the arms flex and release the hands (16)

8. Hands to hips and drop back into a plie squat

9. Lift the R heel and pulse (8) then L (8), then repeat R (4), L (4)

10. Step out L into Warrior 2

11. Move into Pumping Warrior

12. Bring ribcage forward and straighten the front leg into Triangle Pose

- Circle top arm (3) then look to the sky past your finger tips
- Bring top arm to meet the other on your leg
- Contract and release your back (3)

13. Bend through the front leg and release your back heel coming into a high lunge with both arms over head
14. Press both arms halfway down as you come into a plie squat
15. Straighten the legs and extend the arms halfway up
16. Make small arm circles to the front with your middle finger engaging the entire arm (16)
17. Next as you slightly lift and lower the arms flex and release the hands (16)
18. Return to plie squat
19. Draw elbows into your side, for Wonder Woman then lift fingers to the corners of the room (16)
20. Straighten the legs and release arms to your side
21. Extend arms all the way up and down working through a plie squat for 4
22. Hold the plie squat
23. Draw elbows into your side, for Wonder Woman then lift fingers to the corners of the room (16)
24. Straighten the legs and release arms to your side
25. Extend arms all the way up and down working through a plie squat (4)

Work: Movement Block #2

1. Start in a wide stance
2. Shift your weight side to side sitting back in your hips (8)
3. As you move side to side clasp hands together and roll the hands as you stretch the wrists
4. Hold the lower body and release the hands as you start to rotate hands individually and incorporate the fingers feeling it all the way up into your forearms (4) reverse (4)
5. Take hands to hips and bend low in the R leg with the L leg straight for a Peg Leg Lunge
 - Push off R leg and keep L leg straight, then fall back into a bent R leg (8)
6. Take hands to hips and bend low in the L leg with the R leg straight for a Peg Leg Lunge
 - Push off L leg and keep R leg straight, then fall back into a bent R leg (8)
7. Hold both legs in wide stance
8. Inhale arms overhead and interlace fingers together for oblique crunch
 - As you exhale lift to the R engaging the core, pause for a moment and then inhale as you lift to center
9. Release the arms to your sides
10. Inhale arms overhead again and interlace fingers together for oblique crunch

- As you exhale lift to the L engaging the core, pause for a moment and then inhale as you lift to center
 - Repeat oblique crunch (4)
11. R leg back to a lunge
 - Take finger tips to shoulders in baby ballerina arms with elbows lifted
 - Extend the arms to the side straightening the elbows and then bend bringing the finger tips back to the shoulders as you lunge down and up (8)
 12. Relax the arms and bring the R leg back to standing
 13. Roll the shoulders backward
 14. L leg back to a lunge
 - Take finger tips to shoulders in baby ballerina arms with elbows lifted
 - Extend the arms to the side straightening the elbows and then bend bringing the finger tips back to the shoulders as you lunge down and up (8)
 15. Relax the arms and bring the L leg back to standing
 16. Roll the shoulders forward
 17. Step R foot out to plie squat and lift straight arms halfway up
 - Rotate from the shoulder the whole arm as palms face the sky and back (8)
 - Bring hands to heart center
 - Lift the arms as palms stay pressed together and try to press the inside of the forearm and elbows together
 - Then lift and lower the arms, keeping elbows together and working the chest (16)
 18. Relax the arms and come back to standing
 19. Roll the shoulders backward
 20. Return to plie squat
 - Start to shift your weight side to side
 - Bring the arms up and gently make figure-eights with the arms (8)
 21. Hold the plie squat and take hands to your knees, then elbows to knees
 22. Then bring feet closer together and lower your hips into a squat with hands heart center releasing the lower back
 23. Take hands to the ground and slowly roll your upper body to standing with soft knees

Work: Movement Block #3

1. Standing feet under hips, shift your weight from R to L pedaling the feet (8)
 - Hands on hips or out to the side
2. Shift weight to the L and touch only the R big toe to the floor for standing outer thigh work
3. Lift the R leg laterally (8)

4. Step on to the R and bend both knees
 - Move the L leg in and out from the R with the R maintaining a low center of gravity for Get Low Toe Taps (8)
5. Standing feet under hips, start to shift your weight from L to R pedaling the feet (8)
 - Hands on hips or out to the side
6. Shift weight to the R and touch only the L big toe to the floor for standing outer thigh work
7. Lift the L leg laterally (8)
8. Step on to the L and bend both knees
 - Move the R leg in and out from the L with the L maintaining a low center of gravity for Get Low Toes Taps (8)
9. Wide stance with knees slightly bent
 - Alternate reaching hands to the back of knees with chest lifted for lateral oblique work (8)
 - Hands together with straight arms across the chest for core rotation moving upper body R and L, pausing in the center (8)
 - Repeat each exercise again (8 & 8)
10. Feet under hips
 - Bring arms half way up in front and crisscross the hands working the chest (16)
 - While working the upper body, prop the R heel, balance on the L (8), switch feet (8)
11. Step R foot wide
 - Make the crisscross wide still working the chest (8)
 - Alternate (8) small crisscrosses with (2) large
 - Relax the arms

Get water – PE Check

Work: Movement Block #4

(Optional: floor)

1. From Easy Pose draw both arms to the sky for side stretches
 - Release the R arm, stretch tall through the L side body and then over to the R
 - With the R hand on the floor, open your chest to the sky and let your L arm open to the back as you look upward
 - Take your L fingers to the floor in front of you squaring your shoulders over your R knee and reaching forward on the diagonal with both arms, sit back in your hips
 - Walk your hands center and with hands to your knees, gently roll up
2. Draw both arms to the sky
 - Release the L arm, stretch tall through the R side body and then over to the L
 - With the L hand on the floor, open your chest to the sky and let your R arm open to the back as you look upward
 - Take your R fingers to the floor in front of you squaring your shoulders over your L knee and reaching forward on the diagonal with both arms, sit back in your hips
 - Walk your hands center and with hands to your knees, gently roll up
3. Bring your feet out in front of you and knees to the sky for rotating core work
 - Lean slightly back with chest lifted and shoulders down engaging the core

- Bring finger tips to shoulders, then alternate reaching R/L arm forward and across the body rotating through the core (16)
- 4. Hug you knees and grown tall in your back
 - Then repeat rotating core work (16)
- 5. Bring your knees into your chest and gently rock & roll on your back finally resting flat
- 6. Knees over hips and feet directly out from your knees for side knee drops
 - Take one arm extended out to either side of your body with palms to the floor
 - Slowly lower your knees down to the R, before you touch the floor return center
 - Slowly lower your knees down to the L, before you touch the floor return center
 - Side to side (8)
- 7. Release feet to floor hip width apart and lift your hips to the sky engaging your glutes in bridge
- 8. Lying flat, bring your knees over your hips and feet directly out from your knees for toe drops
 - Alternate touching the R & L toes to the floor while maintaining the lower back (8)
- 9. Release feet to the floor hip width apart and lift your hips to the sky engaging your glutes in bridge
 - Bring your hips back down just above the floor and then press upward again (8)
- 10. With hips lifted high in bridge, bring your knees together and open (16)
- 11. Release hips to the floor for 3 breaths
- 12. Bring feet together and again lift hips to the sky engaging your glutes in bridge
 - Release R foot from the ground and lift to the front while maintaining knees together squeezing inner thighs (8)
 - Return foot to the ground and lift hips again
 - Now release L foot from the ground and lift to the front while maintaining knees together squeezing inner thighs (8)
 - Bring hips to the floor
- 13. Allow your knees to fall to either side of the body and balls of feet to press together relaxing for 3 breaths

Cool-Down

1. Roll to the side and slowly come to a seated position
2. Take your legs behind you and come to all fours
3. Contract your back, exhale into Cat Pose, inhale and release chest to floor for Cow Pose (8)
4. From all fours take your R arm forward, around and back as you move the whole body and open up the shoulder (4), reverse (4)
 - Then lift the R arm to the sky and thread the needle under the L arm
5. Return to all fours and take your L arm forward, around and back as you move the whole body and open up the shoulder (4), reverse (4)
 - Then lift the L arm to the sky and thread the needle under the L arm

6. Return to all fours, then bring your legs around in front of you with balls of the feet touching and knees splayed outward
7. From this position, sit tall in butterfly with your hands on ankles
 - Grow long in your neck and lift the chin slightly
 - Feel your shoulders press down and grow tall in your spine
 - Now gently lean forward

Get water – PE Check

Final Stretch

1. Open your legs wide to a straddle stretch
 - Take your L hand to the R foot squaring your shoulders over your leg
 - Walk the hands center flattening out the back
 - Then take your R hand to the L foot squaring your shoulders over your leg
 - Walk the hands center, then into your body and roll up
2. Bring your legs together straight out in front of you
 - Exhale as you scoop the arms and reach the body forward
 - Inhale and lift (4)
3. Bring the R foot to the L knee
 - Grow tall through the right side of the body, take your R hand to your L shin, ankle or foot
 - Now extend your L arm forward, follow your finger tips with your eyes and you bring the L hand around and back resting on the floor behind you, look over your L shoulder
4. Bring your legs together straight out in front of you
 - Exhale as you scoop the arms and reach the body forward
 - Start to pull the balls of the feet back for a deeper stretch
 - Inhale and lift (4)
5. Bring the L foot to the R knee
 - Grow tall through the right side of the body, take your L hand to your R shin, ankle or foot
 - Now extend your R arm forward, follow your fingertips with your eyes and you bring the R hand around and back resting on the floor behind you, look over your R shoulder
6. Bring your legs together straight out in front of you
 - Exhale as you scoop the arms and reach the body forward
 - This time turn the legs out from the hips for more of a stretch on the outside of the leg
 - Inhale and lift (4)

Relaxation

1. Feet on the floor and knees bent slowly contract the spine and roll down one vertebrae at a time
2. Extend your legs fully and let the arms come naturally to your sides
3. Consciously try and release the body letting the shoulders fall to the mat and legs naturally turn outward from the hips

4. Focus on the deep breaths we started class with, in through the nose and exhaling through pursed lips
5. Think of a color, then as you exhale visualize any stress leaving your body
6. Now take a moment to think of 3 things you are grateful for in your life
 - Turn your palms to the floor and gather all the grateful energy in your hands
 - Now turn your palms to the sky and release that energy to those you are grateful to and let the room feel your joy
7. Now let's focus our gratitude on this awesome body that has allowed us to take this class today
 - We will start at our feet and work upward gently clenching and releasing muscle groups
 - First curl your toes and release
 - Then pull the balls of the feet back, flexing and then releasing
 - Next squeeze the upper leg and release
 - Now tighten the glutes and release
 - Make a fist with your hands and release
 - Tighten your biceps and release
 - Lift the shoulders to ears and release
 - Gently rock the head side to side
 - Now focus on the beating of your heart and the life-giving energy that resides there
 - Follow that energy up your spinal cord to the base of your neck, to the base of your head and finally behind the eyes
8. In your mind's eye visualize the love and positive energy in this room surrounding you like a warm fuzzy blanket
9. Now turn to your side and slowly press into the floor lifting your upper body and coming to a seated position
10. Sit tall and feel proud of taking time for yourself today
11. Let's close class by taking one last inhale together bringing arms overhead
 - Exhale arms half way down
 - Then wrap them around and give yourself a big hug