

SilverSneakers BOOM MUSCLE Sample Class

Are you ready to get stronger? BOOM MUSCLE is an action-packed, 30-45 minute class intended to help build muscular strength & endurance and cardiovascular endurance. The class combines Muscle Conditioning Blocks (MCBs) and bursts of cardio Action Intervals (AIs) for a fun, yet challenging workout opportunity.

Pre-class instructions help build participants' confidence and help foster a clear realization of their individual goals:

- Work at your own pace
- Make sure to get water when you need it, but I'll be giving reminders
- Keep your head above your heart as you reach for your weights and water
- Pay attention to how you're feeling while you're working today and make any necessary adjustments

Be sure to cue for breathing, posture, hydration and perceived exertion.

Warm-Up and Range of Motion

1. March R/L
2. March wide
3. Heel side R/L x8
4. Rocking horse R heel/ L toe arms press front/down x8
 - Add Knee/hamstring x8
 - Then back to heel/toe x4
5. Toes touch side R/L x4
 - Add biceps curls x4
 - Add biceps/biceps, big arm circle x3
6. R toe L heel arms press down/front x4
 - Add hamstring/knee x4
 - Then back to heel/toe x4
 - Toes touch side R/L add biceps, biceps, big arm circle x3
7. Lunge side to side – L/R x4
 - Hold R for stretch repeat L (same count for this movement)
8. Heel/toe feet to center
9. Press heel back R/L x4
 - Hold R heel back
 - Lift up heel, tighten glutei, press knee down, Lift R knee in front, press heel in front, hinge for hamstring stretch
 - Repeat L
10. Give yourself a hug
 - Switch top arm

- Play with this...hip/hop move “open and close hug”

Get water – PE Check

Work: MCB #1

1. Plie squat
 - Cue: Step wide right, straighten legs 3 counts
 - Repeat several times on (practice the slow eccentric work)
 - Step back to center on the last count
2. Biceps curl
 - Cue: Bend elbows...straighten arms...up 1...down 3
 - Repeat several times
 - Combine 2 movements
 - Plie squat R with Biceps curl as you straighten legs arms straighten following 3 count movement
3. Reverse fly center
 - Cue: Hinge forward from hips, open arms outside
 - Cue: Squeeze shoulder blades toward your spine
4. Combine 3 movements
 - Plie squat R with biceps curl (as you straighten legs arms straighten following 3 count movement)
 - Step center on last count
 - Repeat L, center hinge and 1 reverse fly

Work: AI #1

Jump rope

- Cue: Heel pump in place R/L; add “jump rope” arms for more intensity
- Cue: Jump rope skip, to add “double under” jump without lifting off floor – simulate arm/rope movement
- Alternate foot jump rope forward/back – crisscross arms
- Cue: Add double under try to lift off floor.
- Participants may choose any or all of these options, adjusting how they feel for approximately 1 minute.

Work: MCB #2

1. Lunge R/L
 - Cue: Step back R bend knees then step center
 - Cue: Arms by shoulders
2. Overhead press
 - Cue: Reach both arms overhead
3. Single arm overhead triceps extension
 - Cue: Lift R elbow towards ceiling, straighten and bend arm
 - Repeat L

Work: AI #2

Downhill skiing

- Cue: Both heels press center in squat position
- Step back diagonally R/C/L/C
- Cue: Both heels press center then follow pattern press ½ time, press ½ time, both heels press R/C/L/C
- Same pattern above but both heels press R/L/R/L
- Participants may choose *any or all* of these options, adjusting how they feel for approximately 1 minute.

Work: MCB #3

1. Lateral deltoid raise

- Cue: Bend elbows by waist
- Cue: Lift elbows shoulder height
- Add long lever for more intensity

2. Hip abduction

- Cue: Toes touch side R/L
- Cue: Lift feet off the floor
- R side only then repeat L
- Combine 2 movements
- Cue: Lift leg side
- R/L add deltoid raise both arms (either short or long lever)

3. Standing rotation

- Cue: Twist upper body R/L add upper cut arms
- Vary speed
- Combine 3 movements
- Lift leg side R/L add deltoid raise both arms (either short or long lever)
- Cue: Twist upper body R/L add arms in front – elbows bent

Work: AI #3

Football drills

- March in place, add arms press front for “block”
- Add step across R/L with “tackle arms”
- Same as above but faster march
- Same as above but stampede feet
- Pick footwork (timed 15 seconds)
- Add cues to help with reaction: “Right, center, left, center”
- Participants may choose any or all of these options, adjusting how they feel for approximately 1 minute

Get water – PE Check

Cool-Down

Cue: Circle around the room once and put weights away.

Final Stretch

1. March ½ time in place, inhale arms overhead, exhale arms by your side
2. Wide march, add lunge side to side, add shoulders forward/back
3. Hold shoulder forward for back stretch, hands on thighs
4. Repeat shoulders forward/back, hold shoulders back for chest stretch (clasp hand behind your body)
5. Heel/toe toe together, lift R foot off the floor, circle ankle, point/flex, press heel into floor, hinge for hamstring stretch. Repeat L side.

Get water – PE Check

Relaxation

1. Inhale arms overhead, exhale arms by side.
2. Reach across body R/L. Look over R shoulder hold for a neck stretch, look over L shoulder, hold.
3. Breathwork: Deep inhale, exhale (big sigh) Lion's breath, last deep inhalation arms overhead exhale arms in prayer.
4. Slowly open/close hands, increase speed until you're giving yourself a big hand for a job well done.