

SilverSneakers Circuit Sample Class

Circuit is designed to improve cardio-respiratory fitness by alternating cardio and strength intervals. Our cardio segments will not only elevate heart rate, but will also focus on improving coordination and reaction training. Our strength intervals will mix isolation strength with some full body mobility training.

Make sure your work station is ready with your SilverSneakers weights, tubing and ball on the seat of the chair, along with your water. We will be working from the back corner of the chair, about an arms distance away. This will allow us to move freely front and back and side to side while remaining an arms distance away in case you need to use the chair for stability.

Pre-class instructions:

- Work at your own pace
- Stand within an arms distance from the chair with plenty of room to travel front to back and side to side
- Have your water bottle and SilverSneakers resistance tools ready to go on the seat of the chair
- On a scale of 1-10, how do you feel? Give me a number.

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

Warm-Up and Range of Motion

1. Walk/march in place (1-32)
2. Walk forward (4ct) + walk in place (4ct) + walk back (4ct) + walk in place (4ct) x2 (1-32)
3. Half-time walk forward long arm stride 4x (1-8) + tempo walk back bent elbows pump (9-16)
4. Alt double tap side R/L bent elbows lateral raise > long arms lateral raise x8 (1-32)
5. Slow walk forward (8ct) + double tab side R/L (8ct) + walk back (8ct) + walk in place (8ct) x2 (1-64)
6. Alt rock step back R/L long arms reach forward low > progress to higher x4 (1-32)
7. Final block combination
 - slow walk forward (1-8)
 - 8ct double tab side R/L (9-16)
 - 8ct alt rock step back R/L (17-24)
 - 8ct walk in place (25-32)
8. 4x R side squat + 4x L side squat (1-32)
9. 4x R rotational squat + 4x L rotational squat (1-32)
10. Alt heel front R/L x8 (1-16)
11. Hold R heel front – hamstring stretch (17-32)
12. 4x rise up 4ct + lower down 4ct (pistol squat) x4 (1-32)

13. half-time R knee lift (1-4) + R leg back to lunge position (5-8) + lower into lunge (9-12) + rise up (13-16) (pull R leg through to knee lift to begin again) x2 (1-32)
14. through to knee lift to begin again) x4 (1-32)
15. R arm to R side (1-32)
16. 4ct R arm sweep across chest + 4c R arm sweep open (progression>add spinal rotation) x4 (1-32)
17. Walk/transition to L side of chair – repeat above on L lead (1-32)

On a scale of 1-10, how do you feel? Give me a number. Please get a drink of water.

Work: Cardio Interval 1

(Standing; right side of chair)

1. Combo 1
 - Alt R step out-in (wide to narrow) (1-2) + hold center (3-4) + L side step out-in (wide to narrow) (1-2) + hold center (3-4)
 - Progression: Side step out-in becomes weight shift > hold center becomes double heel tap or double small jump
2. Combo 2
 - Out-out-in-in > progression: rhythm change quick out – quick in x4 (1-16)
 - Progression: Reaction training – quick out + hold (1-2) + quick in – hold (3-4)
3. Combo 1+2
 - R side step out-in (wide to narrow) (1-2) + hold center (3-4) + L side step out-in (wide to narrow) (5-6) + hold center (7-8) x4 (1-16)
 - Out-out-in-in x4 (17-32)
4. Combo 3
 - 4-knee lift repeater (1-8) R/L (1-24)+ 2x 2-2 squat (25-32)
 - Progression: Arms pull down with rotation
5. Combo 1+2+3
 - R side step out-in (wide to narrow) (1-2) + hold center (3-4) + L side step out-in (wide to narrow) (5-6) + hold center (7-8) x4 (1-16)
 - Out-out-in-in x4 (17-32)
 - 4-knee lift repeater (1-8) R/L (1-24) + 2x 2-2 squat (25-32)
 - Repeat combo on other lead leg

Work: Strength Interval 1 Weights

(Weights start together in front of chest)

1. Half circle up on R (1-8) + half circle down on L (9-16) x2 (1-32)
2. Half circle up on R (1-4) + half circle down on L (5-8) x4 (1-32)
3. Bent arm lateral raise x4 (1-4 up + 5-6 down) (1-32)
4. Bent arm lateral raise x7 (1-2 up + 3-4 down) (1-28) + return arms down last 4ct (29-32)

5. Hammer curl x4 (1-4 up + 5-6 down) (1-32)
6. Alt hammer curl x8 (1-2 up + 3-4 down) (1-32)
7. Hammer curl up (1-4) + overhead press (5-8) + return to shoulders (8-12) + release down (13-16) x2 (1-32)
8. Hammer curl (1-2) + overhead press (3-4) + return to shoulders (5-6) + release down (7-8) x4 (1-32)
9. Dead lift (1-4 down + 5-8 up) x4 (1-32)
10. Dead lift (1-2 down + 3-4 up) x3.5 (1-12 + set 13-16)
11. Double arm row (1-4 up + 5-6 down) x4 (1-32)
12. 32ct 7x 1-1 alt arm row + last count return to standing (1-2 up + 3-4 down) x7 (1-28) (29-32 return to stand tall)
13. Weights start together in front of chest. Repeat above leading L with double arm circle.

Work: Cardio Interval 2

1. Step touch R (1-2) L (3-4) x8 (1-16)
2. Mambo front (1-2) back (3-4) x4 (1-16)
3. Combo 1
 - 3 steps R (1-6) + big slide back (7-8) + walk in place (1-8) x2 (1-32)
 - Progression: 3 steps R (1-6) + big slide back (7-8) + 2x mambo front (1-2) back (3-4) x2 (1-32)
4. Combo 2
 - Step touch R (1-2) L (3-4) x2 (1-8) + walk in place (9-16)
 - Progression: Step touch "scoop" up R (1-2) L (3-4) x2 (1-8) + walk back (9-16)
5. Combo 1+2
 - 3 steps R (1-6) + big slide back (7-8) + 2x mambo front (1-2) back (3-4) x2 (1-32)
 - Step touch "scoop" up R (1-2) L (3-4) x2 (1-8) + walk back (9-16)
6. Combo 3
 - Alt knee lift R (1-2) L (3-4) x2 (1-8) + walk in place (9-16)
 - Progression: Connected jog x2 (1-32)
7. Combo 1+2+3:
 - 3 steps R (1-6) + big slide back (7-8) + 2x mambo front (1-2) back (3-4) x2 (1-32)
 - Step touch "scoop" up R (1-2) L (3-4) x2 (1-8) + walk back (9-16)
 - Alt knee lift R (1-2) L (3-4) x2 (1-8) + walk in place (9-16)
 - Progression: Connected jog x2 (1-32)

One a scale of 1-10, how do you feel? Give me a number. Please get a drink of water.

Work: Strength Interval 2 Tubing

(Begin with tubing around back, feet wide, toes turned out at 10 o'clock & 2 o'clock)

1. Double arm push front + plie squat (1-4 out + down + 5-8 in + up) x4 (1-32)
2. R arm push across body to L side (1-2) return to center (3-4) (progression: plie squat) + L arm push across body to R side (5-6) return to center (plie squat) (7-8) x4 (1-32)
3. Double arm push front + plie squat (1-4 out + down + 5-8 in + up) x4 (1-32)
4. Triple punch across chest (1-6) + return to center plie squat (set arms to "goalie posts" on return count) (7-8) x4 (1-32)
5. Elbows squeeze in (1-2) out (3-4) x7 (1-28) last 4ct set for triceps extension R (29-32)
6. R arm extends front (1-4) + up (5-8) (triceps extension) x4 (1-32)
 - Progression: Stand in kickstand
7. R arm extends front (1-2) + up (3-4) (triceps extension) x8 (1-32)
 - Progression: Stand on one leg
8. Break: shoulder/hands/fingers circles-stretch (1-24) + set up triceps extension L (25-32)
9. L arm extends front (1-4) + up (5-8) (triceps extension) x4 (1-32)
 - Progression: Stand in kickstand
10. L arm extends front (1-2) + up (3-4) (triceps extension) x8 (1-32)
 - Progression: Stand on one leg

Tubing under two feet, X cross handles

11. Upright row (up 1-4 + down 5-8) x4 (1-32)
12. Upright row (up 1-2 + down 3-4) x7 (1-28) last 4ct set hands to hips (29-32)
13. Alt R step out (1-2) + step in (3-4) + L step out (5-6) + step in (7-8) x4 (1-32)

Work: Cardio Interval 3

1. March/walk in place (1-32)
2. Combo 1
 - March (1-3) + tap (4) x2 (1-8) + step touch (R 1-2 L 3-4) x2 (9-16) x2 (1-32)
 - Progression: March (1-3) + knee lift (4) x2 (1-8) + step touch (R 1-2 L 3-4) x2 (9-16) x2 (1-32)
 - Progression: Walk up (1-3) + knee lift (4) x2 (both sets) (1-8) + step touch back (R 1-2 L 3-4) x2 (9-16) x2 (1-32)
3. Combo 2
 - Alt step hamstring curl (step 1 + curl 2) x4 (1-16)
 - Alt step double hamstring curl (step 1 + double curl 2-4) x2 (17-32)
 - S-s-d hamstring curl (step 1 + curl 2 + step 3 + curl 4 + step 5 + double curl 6-8) x4 (1-32)

4. Combo 1+2
 - Walk up (1-3) + knee lift (4) x2 (both sets) (1-8) + step touch back (R 1-2 L 3-4) x2 (9-16) x2 (1-32)
 - S-s-d hamstring curl (step 1 + curl 2 + step 3 + curl 4 + step 5 + double curl 6-8) x4 (1-32)
5. Combo 3
 - R tap front (1-2) side (3-4) back (5-6) together (7-8) + alt L side tap (9-10 out + 11-12 in)/ R side tap (13-14 out + 15-16 in) x1 (1-16)
 - L tap front (1-2) side (3-4) back (5-6) together (7-8) + alt R side tap (9-10 out + 11-12 in)/ L side tap (13-14 out + 15-16 in) x1 (1-16)
 - R tap front (1) side (2) back (3) together (4) + alt L side tap (5 out + 6 in)/ R side tap (7 out + 8 in) x1 (1-8) + L tap front (1) side (2) back (3) together (4) + alt R side tap (5 out + 6 in)/ L side tap (7 out + 8 in) x1 (1-8) x2 (1-32)
6. Combo 1+2+3
 - Walk up (1-3) + knee lift (4) x2 (both sets) (1-8) + step touch back (R 1-2 L 3-4) x2 (9-16) x2 (1-32)
 - S-s-d hamstring curl (step 1 + curl 2 + step 3 + curl 4 + step 5 + double curl 6-8) x4 (1-32)
 - R tap front (1) side (2) back (3) together (4) + alt L side tap (5 out + 6 in)/ R side tap (7 out + 8 in) x1 (1-8) + L tap front (1) side (2) back (3) together (4) + alt R side tap (5 out + 6 in)/ L side tap (7 out + 8 in) x1 (1-8) x2 (1-32)

Work: Strength Interval 3 Ball

1. Center ball squeeze (1-2 in + 3-4 release) x8 (1-32)
2. Push ball front (1-2) + pull ball back (3-4) x4 (1-16)
3. Push ball top R corner (1-2) + push ball towards L hip-floor (3-4)
 - Progression: Reach up R tap L + reach down L towards outside of knee) x12 (17-64)
4. Push ball front (1-2) + pull ball back (3-4) x4 (1-16)
5. Push ball top L corner (1-2) + push ball towards R hip-floor (3-4)
 - Progression: Reach up L tap R + reach down R towards outside of knee) x12 (17-64)
6. Push ball front (1-2) + pull ball back (3-4) x4 (1-16)
7. Push ball up (1-2) + pull ball back down to chest (3-4) x4 (17-32)
 - Progression: Push ball up + calf raise (1-2) + pull ball back down to chest + squat (3-4) x8 (1-32)
8. Push ball front (1-2) + pull ball back (3-4) x4 (1-16)
9. Push ball up (1-2) + pull ball back down to chest (3-4) x4 (17-32)
10. Push ball up (1-2) + double arm triceps extension (3-4) + return up (5-6) + return ball to chest (7-8) x4 (1-32)
11. Push ball forward (1-4) + hold ball R and open both arms (5-8) + bring arms together front (9-12) + pull both hands center (13-16) + R knee lift with ball rotation to R (1-4 up + 5-8 down) x2 (17-32); repeat other lead

12. Push ball forward (1-2) + hold ball R and open both arms (3-4) + bring arms together front (5-6 + pull both hands center (7-8) + R knee lift with ball rotation to R (1-2 up + 3-4 down) x2 (9-16) x4 (1-64); repeat other lead
13. Roll ball down between legs (1-16)
14. Squeeze knees together (in 1-2 + out 3-4) x8 (1-32)
15. Pulse knees together (in 1+ out 2) “strong finish to the end” (1-16 + rest 17-32)

Cool-Down

1. Walk in place (1-32)
2. Half-time walk forward long arm stride 4x (1-8) + tempo walk back bent elbows pump (9-16) x2 (1-32)
3. R tap front (1-2) side (3-4) back (5-6) R knee lift (7-8) + squat down (9-10) up (11-12) x2 (13-16) x2 (1-32)
 - Progression: Squat becomes slow single leg dead lift (stretch back 9-12 + lift and return to standing 13-16)
4. Combo 1
 - Half-time walk forward long arm stride 4x (1-8) + tempo walk back bent elbows pump (9-16) x2 (1-32)
 - R tap front (1-2) side (3-4) back (5-6) R knee lift (7-8) + single leg deadlift (9-16) x2 (1-32)
 - Repeat above x4
5. Combo 2
 - March (1-8) + march wide (9-16) + alt side tap x4 (17-24) + alt side lunge x4 (15-32)
 - Hold side lunge R (1-8) + same lead arm supports on thigh while other arm stretches front (9-16) + reach arm up (17-24) + stand tall and sweep arm out and down (25-32)
 - Repeat other side

Final Stretch

(Seated)

1. Seated hamstring stretch R front + upper back stretch (1-32)
2. Turn to R corner of chair, inner thigh stretch + chest opener (1-32)
3. Turn to R side of chair, L knee towards floor (seated lunge) quad + hip flexor stretch (1-16)
4. Add L arm stretch forward (17-24) up + sweep out to side (25-32)
5. Sweep across chest to back of chair (1-8) + open wide (9-16) + bend at elbow and reach behind back + L ear to shoulder (17-32)
6. Repeat other side

Relaxation

(Seated; focused breathing exercises)

1. Sit back comfortably in the chair. Breathe in deeply. Exhale slowly. Lower your eyes to the floor, or if you are comfortable, you may close them.

2. Reading: "Stretch" poem by Rachel Snyder:

Stretch your spine so you can move through life with greater flexibility. Be elastic enough to stretch without breaking. Stretch your vision to take in more of what you are now able to see. Go a little faster today than you did yesterday and then stretch a little more tomorrow. Stretch your beliefs and trust a little more. Stretch your faith and leap farther than you planned, sooner than you thought you could. Stretch your brain in new ways: next time, look at a problem upside down or from the inside out. Go somewhere you always wondered about but never felt you could go. Stretch yourself and go. When you are ready, stretch your boundaries and let another person get a little closer. Do that often. Pull back when you need to, and know that when it's time, you'll be ready to stretch again.

3. Open your eyes. Look forward. Stretch your arms up, out, down. Stretch out into the rest of your day.

On a scale of 1-10, how do you feel? Give me a number. Please get a drink of water.