



Handheld weights	Regression	Progression	Notes for weekly progression/variation
Calf raise			
Hammer curl			
Knee lift			
Hammer curl Overhead extension			
Knee lift + leg extension			
Single dead row			
Triceps extension			
Elastic Tubing with Handles	Regression	Progression	Notes for weekly progression/variation
Scapular retraction			
Bow-n-arrow right			
Chest press			
Bow-n-arrow left			
Leg abduction			
Upright row			
Squat			
Bent over row			
Deadlift			



SilverSneakers Ball	Regression	Progression	Notes for weekly progression/variation
Seated abdominal crunch			
Seated internal/external obliques (elbow on ball press)			
Leg adduction			
Sit to stand with ball between legs			
R front lunge/bowl to sit-stand – L front lunge/bowl to sit-stand (finish seated)			
Seated knee extension (ball under foot)			
Seated knee internal/external rotation (ball under foot)			
Seated knee rotation (ball under foot)			