

SilverSneakers Classic

Master Class Choreography

SilverSneakers Classic is a rewarding class that can be modified to meet all fitness levels. A chair is included for seated exercises and can also provide standing support.

There are many things you can do to create a sense of community within your class, which will ultimately keep them coming back:

- Arrive early and interact with those attending
- Introduce participants to each other and make them feel at home
- Help them experience success by providing attainable exercises and work they can achieve

Remember, regular strength and flexibility work can help participants live life well!

Warm-Up and Range of Motion (10 min):

(Standing or seated) > standing

1. March – R, L 4x 8

“press through your heels, stand or sit up nice and tall, feel yourself starting to warm up”
add arm pump “pay attention to your shoulders”

2. Hustle in place (“3 steps and a tap”) R leg lead 2x 8

Add arms – roll, roll, roll, clap 2x 8

Hustle fwd/back 4x 8

3. Step tap (alternate R/L - clap on “tap”) x8

Progression: Step knee – hands touch knee x8 (alternate R/L - hold knee up x8)

4. March wide x8

Add arms - push side

March center x8

Add arms - push down

Progression: March out/out/in/in (push arms side/down)

5. R toe touch front/side/back/center ½ time 2x 8

Repeat march wide/center L lead

Repeat toe front/side/back/center L L 2x 8

6. Squats - Step to R side of chair – ¼ turn to R x8

“Feel the chair with the back of your legs and the touch the top of the chair with your R hand”

Lower slowly to seated position in chair – step “up and over a curb” L hold wide for inner thigh stretch (diagonal on the chair)

R step “into the tub” to the front of chair

(seated option?)

7. Seated march x8

Seated hustle (3 steps and a knee R leg lead) x8

Progression: add roll, roll, roll, clap arms x8

Hold L knee (hands cupped under knee)

Ankle circles – point/flex

Heel front – hamstring stretch

8. Repeat seated hustle L leg x8

Hold R knee (hands cupped under knee)

Ankle circles – point/flex

Heel front – hamstring stretch

9. Inhale/Exhale arms overhead ½ time single arm reach R/L x4

Hold overhead and reach up tempo R/L x4

Release arms by side – walk fingers back for chest and shoulder stretch

Get water – PE Check

Elastic Tubing with Handles (5 minutes):

(Standing or seated) > seated

(Both feet fully step on tubing)

1. Biceps curls - Unilateral biceps curls R/L x8

Bilateral biceps curls x8

Combine both R/L - both x2

Angled bilateral biceps curls (hold half way up – pulse)

2. Posterior deltoid – Unilateral R/L x8

Bilateral x8

Combine both R/L – both x2

3. Ankle work - Press heels out/in ½ time x2

Open toes out/in tempo pace x4

(Would we do this standing?)

4. (Switch handles)

Seated Row - Unilateral row x8

Bilateral row x8

Combine both x2

Hold hands at hips –

5. Ankle work - Press heels out/in ½ time x2

Open toes out/in tempo pace x4

6. Hip Abduction - Step out/out/in/in – R leg lead x8

R leg out/in only x8

Repeat ankle work

Repeat out/out/in/in – L leg lead

(Step off tubing)

7. Fold tubing in half – Inhale, lift overhead, exhale, lower tubing
Hold overhead on last exhalation x8
8. Latissimus Dorsi work - Unilateral lat pull down – R/L x2
Bilateral lat pull down – x4
Combine both x4
9. Repeat inhale/exhale with tubing x2

Get water – PE Check

Weights (10 min.):

(Standing or seated) > standing

1. 1. Shoulder press – reach up R, reach up L x2
Both overhead x2
Add squat x4
Progression: add shoulder press work combination with squat
2. Scapula adduction – “weights touch in front body, knuckles touching” pull elbows back ½ time, then tempo, then pulse
Add arms cross front R/L x2
Add squat x2
Progression: add adduction/cross front with squat

*Draw elbows back, “hands to hips” x4
Last one hold hands to hips*
3. Triceps work – triceps kickback unilateral x4, bilateral x4 then pulse x8
“hinge from hips, draw hands to hips, straighten and bend arms, shoulders stay steady”.

What is this? Different exercise? 4. Rotation – both arms reach front/back - twist R
Repeat front/back - twist L
(vary pace, slow first then ½ time) x4 Twist R/C/L/C
Progression: twist R/L only “slow, controlled movement”

5. Dead lift – “hinge from hips, lift up tall” x8
6. Reverse Fly – “hinge from hips, arms towards floor – draw arms outside” 2x 8

Slowly sit down *(above exercises done from side or front of chair?)*

7. *(weights on thighs?)* Heels front R/L –½ time x4 then tempo x8
8. *feet steady “lift and pour” arms* x4
Progression: combine the above 2 movements
9. Wrist work – wrist circles both directions, flexion and extension

SilverSneakers Ball (5 min.)

(Seated or Standing) > seated

1. Wrist work – cup the ball with R hand L hand on top of ball open jar/close jar 2x 8
Repeat L hand cup the ball R on top 2x 8
2. Posterior deltoid – R hand reaches front/back x8
3. Orbit ball around body – R hand behind body to L front body to R (varied speed here)
Finish with ball in L hand
4. Repeat posterior deltoid L hand x8
Orbit ball L hand lead - front body to back body (finish front body)
5. Triceps – overhead extension “both hands hold the ball, lift overhead” “straighten and bend your elbows” ball can touch top of head or back of neck”
6. Adductor work – place ball between legs - above knees x8
Progression: Add squat (**stand**) in front chair
7. Hamstring and gluteal work – slide feet back R/L x8 (**would we recommend this done from a standing position?**)
8. Finger/hands – squeeze and open fingers 2x 8

Cool Down (5 min.):

(Slower movement and Coordination Drill – cognitive development...standing or seated)

Coordination challenge:

Hold ball in R hand - march ½ time R/L

Toss ball to L hand on count 3 then back to R hand on count 3

Progression: Hold ball in R hand – march tempo R/L

Toss to L hand on count 3 then back to R hand on count 3

Continue tempo march - toss ball R to L ½ time count

Add stampede feet – toss ball R to L at tempo

Hold ball center, heel toe feet open, lunge R/L – shift upper body side to side if seated

Add figure 8 pattern with ball

Inhale/Exhale – up over Ferris wheel on inhalation down on exhalation

ball up L diagonal down R side, then up R diagonal down L side

Get water – PE Check

Final Stretch (5 min.):

(Seated)

1. Back massage – “Place ball behind your back between you and the chair”
2. Back and side stretch – “Sit tall and still on the chair” Feet firmly place on ground, knee on top of ankles.
Hold onto the chair with left hand and lift R arm up and overhead, lateral stretch
Repeat on L
3. Hamstring stretch – cup ball in L hand R heel presses into floor, hinge from hips as you hold L arm in front shoulder height.
Repeat R hand, L heel front.
4. Chest/shoulder stretch with breath work – “Hold ball in both hands in front of body both (wrists neutral alignment). Squeeze ball both hands then hold in R hand and you open arms shoulder height.
Repeat squeeze center, ball in L hand as arms open
5. Finger stretch – all fingers squeeze the ball and then open fingers wide
6. Place ball under chair – Quadriceps and Hip Flexor stretch - Turn R for seated lunge. L arm reaches front add hinge then lean back with upper body.
7. Inner thigh stretch - face center legs wide
8. Repeat seated lunge facing L
9. Neck stretch – touch R ear to R shoulder
Lower chin to chest then neutral
Repeat L
Lower chin to chest then neutral

Relaxation: (5 min.)

(Seated - Progressive Muscle Relaxation)

As we practice this relaxation segment, you may close your eyes or leave them open, whatever makes you more comfortable.

Start out by taking a few deep breaths into the abdomen.

Check in with how you're feeling and simply take note of this action, without judgment or expectation.

Push your tongue against the roof of your mouth, tighten your lips, squeeze your eyes shut, tighten your jaw and scrunch your entire face.

Study the sensations of tension.

Compare the tensed muscles to the relaxed ones in the rest of your body.

Take a deep breath in and as you exhale slowly release every bit of tension in your face.

Find an image that captures this gradual release of tension for you: perhaps the sun melting ice, or butter melting in a warm skillet.

Notice how your muscles feel in this relaxed state.

Make fists with both hands and tense the muscles in your forearms.

Tighten the muscles above your elbows; strong triceps, biceps. Now, squeeze your shoulders up to your ears. Allow the rest of your body to remain relaxed. Continue breathing.

Study the sensations of tension.

Again, compare the tensed muscles to the relaxed ones in the rest of your body

Take a deep breath in and as you exhale slowly release every bit of tension in your arms.

Study and appreciate the sensations in the muscles once they are relaxed.

Revisit the image you created earlier (sun melting ice).

Draw your navel to your spine, and simultaneously push the small of your back against the chair. Next, contract all your muscles from the top of your legs to your feet. Study the sensations of tension. Continue to breath naturally and avoid breath holding.

Take a deep breath in, and as you exhale, slowly, release all the tension.

Allow yourself to fully relax.

Take note of how you feel and appreciate the sensations in the muscles during this relaxed state.

“How do you feel? On a scale of 1 to 10, give me a number”.