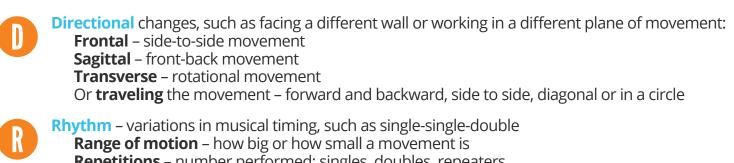
## **Creating Variations**

Using the following movements and exercises, create a variation using one or more of the **DRILLS** examples. Then write down a new movement or exercise that makes sense to follow using entry-action-exit. Write down a variation for that movement and create an exercise combination.



**Repetitions** – number performed; singles, doubles, repeaters **Resistance** – increasing or decreasing the effect of a muscular contraction



Intensity – difficulty or exertion Impact – degree of force

**Lever Length** – short lever, such as bent knees or elbows vs. long levers, such as full arm or leg movements

**Stability** – static and dynamic balance variations **Speed** – fast, slow or a combination of speeds

Movement	Variation	Add on movement	Variation
March in place			
Step-touch			
Hamstring curl-step			
Knee lift-step			

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## **Creating Variations**



Movement	Variation	Add on movement	Variation
Biceps curl			
Overhead press			
Triceps extension			
Double calf-raise			