

SilverSneakers Splash Master Class

Segment		Time
Warm-Up and Range of Motion	<p>Jog (R lead) water tempo with slice arms 4x Jog water tempo, arms horizontal sweep (R/L) 4x</p> <p>Step to side 2x (L), Step to side 2x (R), step to side 2x (L) Single step to side (R/L) <i>Repeat Left lead</i></p> <p>Knee-high jog (R lead) with slice/fist/scoop arms Knee-high jog sweep arms to right in circle Knee-high jog with forward/back horizontal slice Knee-high jog sweep arms to left in circle</p> <p>Hamstring curl in place (R lead), breaststroke slice - 8x each side High knee jog, breaststroke arms - thumbs up - 8x each side SSD hamstring curl 4x SSD Knee High Jog 4x</p> <p>Wide stance core warmer, sweeping (R) arm back, then (L) arm back - 4x each side</p> <p>Step to side (R) 4x; lunge back (L) 4x Step to side (L) 4x; lunge back (R) 4x</p> <p>Step to side (R) 2x; lunge back (L) 2x Step to side (L) 2x; lunge back (R) 2x Step to side (R) 2x; lunge back (L) 6x Dynamic calf stretch (L) heel down and up with triceps kickback 8x Hamstring curls (L) with biceps scoop 8x Lift (L) knee to front for hip circles with sculling arms, ankle rotations (L) Dynamic hamstrings stretch (L) 4x</p> <p>Step to side (L) 2x; lunge back (R) 2x Step to side (R) 2x; lunge back (L) 2x Step to side (L) 2x; lunge back (R) 6x Dynamic calf stretch (R) heel down and up with triceps kickback 8x Hamstring curls (R) with biceps scoop 8x Lift (R) knee to front for hip circles with sculling arms, ankle rotations (R) Dynamic hamstrings stretch (R) 4x</p> <p>Wide stance core warmer, sweeping (L) arm back, then (R) arm back - 4x each side</p> <p>Twist in place 2x each side; 2 steps (R) Twist in place 2x each side; 2 steps (L)</p> <p>Cat/Cow</p>	5 minutes

<p>Work</p>	<p><u>Cardio Block 1</u> Knee-high jog (R lead) with slice/fist/scoop arms, traveling in frontal plane to the right 4x Knee-high jog with slice/fist/scoop arms, traveling in frontal plane to the left 4x Forward/back hop 8x each Side-to-side hop (R/L) 8x each side Knee-high jog (R lead) with slice/fist/scoop arms, traveling in frontal plane to the right 4x Forward/back hop 4x each Knee-high jog with slice/fist/scoop arms, traveling in frontal plane to the left 4x Side-to-side hop (R/L) 4x each side SSD Knee-high jog 4x Travel in circle to right with breaststroke arms; travel in circle to left with breaststroke arms SSD Knee-high jog 2x Travel in circle to left with breaststroke arms SSD Knee-high jog 2x Travel in circle to right with breaststroke arms <u>Strength Block 1</u> (Retrieve board, PE, water) Squat and slice – horizontal or vertical, with push/pull Rutter (R) 4x Rutter side to side Rutter (L) 4x <u>Cardio Block 2</u> Jumping Jacks in place 8x Diagonal Jack (R) 4x Diagonal Jack (L) 4x Jumping Jacks in place 4x Diagonal Jack (R) 2x Diagonal Jack (L) 2x Jumping Jacks in place 2x Diagonal Jack (R) 1x Diagonal Jack (L) 1x Jog at water tempo 4x Jog at land tempo, shoulders under water using fist 8x Jog at water tempo 4x Jog at land tempo, shoulders under water using fist 8x <u>Strength Block 2</u> (Retrieve board, PE, water) Triceps press 8x Spinal rotation (L) 2x; gluteal lift to back (R) 2x, Inner thigh lift to front (R) 2x Spinal rotation (R) 2x; gluteal lift to back (L) 2x, Inner thigh lift to front (L) 2x</p>	<p>15-20 minutes</p>
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	<p><u>Cardio Block 3</u> Cross country ski (Right lead) water tempo 4x each side Cross country ski half-water tempo with double bounce Cross country ski (Right lead) water tempo 4x each side Cross country ski half-water tempo with double bounce (Option to add tuck center)</p> <p>Pendulum (R/L) 6x each side; SSD Pendulum (R, L, R, R) Rocking horse (L) 8x Pendulum (L/R) 6x each side; SSD Pendulum (L, R, L, L) Rocking horse (R) 8x</p> <p>Pendulum (R/L) 2x each side; SSD Pendulum (R, L, R, R) Rocking horse (L) 4x Pendulum (L/R) 2x each side; SSD Pendulum (L, R, L, L) Rocking horse (R) 4x</p> <p><u>Strength Block 3</u> (Retrieve board, PE, water) Seat Belt (R) 6x Transition to left side Seat Belt (L) 6x</p> <p>Rear lunge alternating (R/L) with horizontal or vertical splashboard slice - 4x each side Rear lunge (R) 8x, adding push/pull option with splashboard Rear lunge alternating (L/R) with horizontal or vertical splashboard slice - 4x each side Rear lunge (R) 8x, adding push/pull option with splashboard</p> <p>Seat Belt (R) 3x Transition to left side Seat Belt (L) 3x</p> <p>Rear lunge alternating (R/L) with horizontal or vertical splashboard slice - 2x each side Rear lunge (R) 4x, adding push/pull option with splashboard Rear lunge alternating (L/R) with horizontal or vertical splashboard slice - 2x each side Rear lunge (R) 4x, adding push/pull option with splashboard</p>	
<p>Cool-Down (Splashboard)</p>	<p>Horizontal slice with Splashboard Add alternating step back (R/L) 2x each side Step back (R) 4x – optional knee lift (Repeat L lead)</p> <p>Knee-high jog with forward/back horizontal slice Knee-high jog circling board to right Knee-high jog with forward/back horizontal slice Knee-high jog circling board to left</p> <p>SSD Knee-high jog Front kick SSD Knee-high jog Rear kick</p>	<p>5 minutes</p>

	2 steps (L); 2 steps (R) 2x Box Step (L) 4x Hop fwd./back 8x Hop side to side 8x Knee-high jog with forward/back horizontal slice Knee-high jog circling board to right Knee-high jog with forward/back horizontal slice Knee-high jog circling board to left	
Final Stretch (Board for balance support)	Figure 8 slice with Splashboard Step back lunge or leg sweep (R) 4x Hold 4 th lunge for plantar/dorsiflexion Twist to left, then return to front Figure 8 (R) leg to Hamstrings stretch, ankle rotations Figure 4 hip stretch (R) splashboard on left for balance support Chest/upper body stretch (R) <i>Repeat on (L) side</i> Cat/Cow	5 minutes
Relaxation (Board for balance support)	Focus on breathing Vertical slice front; twist to right Vertical slice front; twist to left Repeat each side With board in (R) hand sweep both arms open, looking to (L), back to center 2x With board in (L) hand sweep both arms open, looking to (L), back to center 2x Cat/Cow Vertical slice front; twist to right Vertical slice front; twist to left Repeat	3-5 minutes

Cue for breathing, posture, hydration and perceived exertion a minimum of 3 times throughout the class.