

## SilverSneakers BOOM MOVE Sample Class

BOOM MOVE is a cardio workout featuring dance-style choreography, songs and moves from just about any era, genre and style of music. As long as you have fun, smile and keep moving you're sure to get a great workout. Are you ready to hit the dance floor?

Be sure to work at your own pace. Be sure to cue frequently for breathing, posture, hydration and perceived exertion.

Segment		Time
<b>Warm-Up and Range of Motion</b>	<p>March R/L (32 Cts)</p> <p>March R/L (8 Cts)      Heels F (8 Cts)      Heels Across (8 Cts)      March (8 Cts)      Hustle F/B 2x (16 Cts)      Step touch (8 Cts)      2 Steps R/L (8 Cts)  <i>Repeat L lead, R lead, L lead</i></p> <p>March R/L (16 Cts)      March Wide (16 Cts)      Flat back down / round up (32 Cts)      Turn R - lunge (8 Ct)      Reach and pull (24 Cts)      Hips F / Biceps curl (32 Cts)</p> <p>F – Flat back down / round up (32 Cts)      Turn L – lunge (8 Cts)      Reach and pull (24 Cts)      Hips F / Biceps curl (32 Cts)</p> <p>F – March (16 Cts)      Arms reach behind / clasp hands (16 Cts)</p>	5 minutes
<b>Work</b>	<p><b><u>GROOVE BLOCK 1:</u></b></p> <p>Modified Pony (32 Cts)      Rock step (32 Cts)      Back stroke / dive down (32 Cts)      Upper body twist (32 Cts)</p> <p>Modified Pony (16 Cts)      Rock step (16 Cts)      Back stroke / dive down (16 Cts)      Upper body twist (16 Cts)</p> <p>Modified Pony (8 Cts)</p>	20 minutes

Rock step (8 Cts)  
Back stroke / dive down (8 Cts)  
Upper body twist (8 Cts)

***moderate intensity (2x)***

Pony (8 Cts)  
Rock step (8 Cts)  
Back stroke / dive down (8 Cts)  
Twist (8 Cts)

***full intensity (5x)***

Pony (8 Cts)  
Rock step (8 Cts)  
Back stroke / dive down (8 Cts)  
Twist (8 Cts)

***Cue for breathing, posture, hydration and perceived exertion.***

**GROOVE BLOCK 2**

Disco roll (32 Cts)  
Disco fever – arm reach diagonal up, across, up, clap (32 Cts)  
Step touch / disco eyes (32 Cts)  
Hand Jive - march ½ tempo – hands cross 2x and throw 2x (32 Cts)  
Disco roll (16 Cts)  
Disco fever – arm reach diagonal up, across, up, clap (16 Cts)  
Step touch / disco eyes (16 Cts)  
March ½ tempo – hands cross 2x and throw 2x (16 Cts)

Disco roll (8 Cts)  
Disco fever – arm reach diagonal up, across, up, clap (8 Cts)  
Step touch / disco eyes (8 Cts)  
Hand Jive - march ½ tempo – hands cross 2x and throw 2x (8 Cts)

***add travel***

Disco roll travel F (8 Cts)  
Disco fever (8 Cts)  
Disco eyes travel B (8 Cts)  
Hand Jive (8 Cts)  
*repeat 2x*

***moderate intensity (2x)***

Disco roll travel F (8 Cts)  
Disco fever (8 Cts)  
Disco eyes travel B (8 Cts)  
Hand Jive (8 Cts)

***full intensity (5x)***

Disco roll travel F (8 Cts)  
Disco fever (8 Cts)  
Disco eyes travel B (8 Cts)  
Hand Jive (8 Cts)  
March

## **GROOVE BLOCK 3**

Style march – ½ tempo march / snap L hand (32 Cts)  
Da Dip – step F R/L + hip circle (32 Cts)  
Step slide R/L (32 Cts)  
Cabbage patch – march R/L arms circles F R to L (32 Cts)

Style march – ½ tempo march / snap L hand (16 Cts)  
Da Dip – step F R/L + hip circle (16 Cts)  
Step slide R/L (16 Cts)  
Cabbage patch – march R/L arms circles F R to L (16 Cts)

Style march – ½ tempo march / snap L hand (8 Cts)  
Da Dip – step F R/L + hip circle (8 Cts)  
Step slide R/L (8 Cts)  
Cabbage patch – march R/L arms circles F R to L (8 Cts)

### ***add travel***

Style march travel F (8 Cts)  
Da Dip (8 Cts)  
Step slide travel B (8 Cts)  
Cabbage patch (8 Cts)  
*repeat 2x*

### ***moderate intensity (2x)***

Style march travel F (8 Cts)  
Da Dip (8 Cts)  
Step slide travel B 2x + Heel Pop 4x (8 Cts)  
Cabbage patch (8 Cts)

### ***full intensity (4x)***

Style march travel F (8 Cts)  
Da Dip (8 Cts)  
Step slide travel B 2x + Heel Pop 4x (8 Cts)  
Cabbage patch (8 Cts)

***Cue for breathing, posture, hydration and perceived exertion.***

## **GROOVE BLOCK 4**

Pony (8 Cts)  
Rock step (8 Cts)  
Back stroke / dive down (8 Cts)  
Twist (8 Cts)  
Disco roll travel F (8 Cts)  
Disco fever (8 Cts)  
Disco eyes travel B (8 Cts)  
Hand Jive (8 Cts)  
Style march travel F (8 Cts)  
Da Dip (8 Cts)  
Step slide travel B 2x + Heel Pop 4x (8 Cts)  
Cabbage patch (8 Cts)

***REPEAT 5X***

<b>Cool Down / GROUP GROOVE</b>	<p>4 steps R (8 Cts)          4 steps L (8 Cts)          Low kicks (8 Cts)          March / move hips (8 Cts)</p> <p>4 steps R (8 Cts)          4 steps L (8 Cts)          Low kicks (8 Cts)          March / move hips turn to R side (8 Cts)</p> <p><b><i>Repeat with turns during march</i></b></p> <p><b><i>Cue for breathing, posture, hydration and perceived exertion.</i></b></p>	5-minutes
<b>Final Stretch &amp; Relaxation</b>	<p>Wide stance / inhale arms up / exhale arms lower</p> <p>R lunge / hand clasp behind back          Hamstring stretch          R knee lift          R foot step back / lower knees down / shoulder rolls</p> <p>L lunge / hands clasp behind back          Hamstring stretch          L knee lift          L foot step back / lower knees down / shoulder rolls</p> <p>Step F / feet hip distance apart          Flat back down / round up</p> <p>R arm F raise / lower down by side          L arm F raise / lower down by side          Both arms F raise / lower down by side (repeat 2x)</p>	5-minutes

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