

## Workshop Goals and Objectives:

- Learn the SilverSneakers Circuit class format and “readiness” criteria analysis
- Review risk vs. benefit in exercise selection to ensure safe and effective class design
- Understand how to guide class members in choosing the proper piece of equipment for effective training
- Review safety tips and injury prevention guidelines.
- Learn and practice the development of standing cardio choreography
- Update fitness industry standards and safety guidelines.
- Provide a platform for instructors to exchange ideas and ask questions

## Review from Core Knowledge and SilverSneakers Basics:

- Cue for hydration, posture, breathing, and PE *a minimum of 3 times*
- Cue for *neutral wrist* while using equipment
- Provide *multi-level instruction* to meet needs of strong/active members and frail/weak members

## Circuit Guidelines:

- Store tools “out of harm’s way” on the seat of the chair.
- Remember “The 10 Second Rule” for timing tool work.
- Choose an appropriate music speed between 124-128 bpm.
- Maintain neutral wrist alignment while working with tools.
- Remember that Circuit does not offer floor work options.
- Use the chair for standing support from behind or to the side.

## Contraindicated Exercises:

- Forward flexion from a seated position at the hip greater than 45 degrees
- Uncontrolled momentum as it relates to a full range of movement
- Inversions: forward flexion from a standing position at the hip greater than 90 degrees
- Jamming, locking, or torqueing of joints
- Overuse of a joint or muscle group: action is continuously repeated beyond safety guidelines for risk versus benefit.
- Neck hyperextension
- Double leg lifts = seated exercises with both feet (unsupported) off the floor
- Full squats and or grand pliés
- Forced joint hyperextension/hyperflexion
- Double-arm overhead triceps extension with hand-held weights

## Circuit “Readiness”:

- Ability to transfer weight without support
- Equal demonstration of balance in both the sagittal and frontal planes
- Demonstration of simultaneous movement utilizing the upper and lower body
- Sufficient muscular strength and endurance to exercise from a standing position for a minimum of thirty minutes

## **Class Format**

### **Warm-Up and Range of Movement Stretching – (8-10 minutes)**

- Warm-up exercises should progress from the larger to smaller muscles of the body.
- Increase socialization with a walk around the room.
- Rehearse choreography that will be used later during the Circuit-Interval segment.
- Ensure range of movement exercises are progressive.
- Use a brief stretch to transition into other stretches or exercises.
- Rehearse “joint positions” that will be used with resistance tools in later segments.
- **Do not begin the warm-up with toe taps.**

### **Circuit-Interval Conditioning – (20 minutes)**

- Include six intervals lasting approximately three minutes each that alternate choreographed cardiovascular work with tool work.
- Create choreography to help to improve fitness skills and activities for daily living.
- Teach choreography using different levels (space) and speeds (pace).
- Teach simultaneous upper- and lower-body choreography, changing one movement at a time. (i.e., begin with a lower body move and add arms or vice versa)

### **Cool Down – (5 minutes)**

- Decrease heart rate and respiration gradually with rhythmic movements.
- Participants may sit or stand but *must keep moving*.
- Select exercises and rhythm patterns like those performed in the warm-up.
- Rehearse base moves for a new upper- or lower-body choreography.

### **Final Stretch – (5 minutes)**

- Allow time for deeper stretching.
- Strive to hold each stretch for longer than five seconds.
- Allow each student to determine the length of a stretch based on individual comfort.

### **Relaxation – (5 minutes)**

- All participants sit for Relaxation.
- Increase the participants’ feelings of well-being and success.
- Include breathing exercises, visualization and other relaxation techniques.

## **Workshop Summary**

- Thank you for a fun and interactive day!
- Please check the training calendar for additional workshops.
- Remember to complete the instructor workshop evaluation that will be e-mailed to you.
- Don’t forget to get your CECs online!