

SilverSneakers Classic Master Class Choreography

Introductions and greetings

Give pre-class instructions:

- “Work at your own pace”
- “Make sure to get water when you need it, but I’ll be giving reminders.”
- On a scale of 1 to 10, how do you feel? Give me a number!”

Warm-Up:

(Standing or seated)

1. March – shoulder shrugs R, L
March – shrug both shoulders
Combine shrugging R and L shoulders, then both
2. Roll shoulders back R, L (lead with elbows)
Both shoulders forward and back
Combine rolling R and L shoulders back, then shoulders forward and back
3. March, pumping arms at sides
“Double march” (tap step R, tap step L)
Widen stance, march, then double march in wide stance
March center
4. Hamstring curls R, L
Hamstring curls R, L 4x, hold R up for balance
Hamstring curls L, R 4x, hold L up for balance
Repeat a few times
5. March ½ time to come around to the front of chair (if standing)
Slow 4 ct. sit into chair
Repeat a few times to have everyone end in a seated position

Range of Movement Conditioning:

(Seated)

1. Alternate heel taps to front R, L ½ time, then at tempo. Hold R heel front for hamstring stretch.
2. Right knee lift and hold behind thigh for a gluteal stretch
3. Add ankle circles both directions, then point and flex foot
4. Slow out, out, in, in to end in wide stance for inner thigh stretch
5. Turn to R for a quadriceps stretch

REPEAT #1-#5, leading with heel taps L, R, and hold L heel front for hamstring stretch.

6. Grasp both hands on chair back, then open wide with arms
7. Arms cross in front in a “hug”, then open arms reaching up. Touch fingers to back shoulders for triceps stretch.
8. Release arms down to sides, palms forward and lengthen arms back for biceps stretch.
9. Wrist circles both directions.

Get water – PE Check

Weights:

(Begin seated)

1. Shrug both shoulders
Shoulder shrugs R, L
Combine shrugging R and L shoulders, then both
2. Weights on thighs – stand up / sit down (4 cts.) End in standing position *(option to remain seated)*
3. Biceps curls –
Both arms ½ time tempo 2x, then R only at tempo 4x
Repeat both arms ½ time tempo 2x, then L only at tempo 4x.
4. Half-squats, adding biceps curls (compound exercise)
5. Single weight, triceps extension with R arm – ½ time tempo 4x, then at tempo 8x
Both hands on weight, centered, and “stir” (large rotation) ½ time, then at tempo
Repeat single weight triceps extension, but with L arm – ½ time, then at tempo, repeat the “stir”

Get water – PE Check

Frontal balance:

(Standing)

1. Toe taps side R, L; add arm reach front R, L – ½ time, then at tempo
Hold R arm/leg for frontal balance; abductor lift 3x, stepping wide
2. Hips side to side R, L (single / single / double), slow hip circle to R
Heels / toes bringing feet together

REPEAT #1 and #2 with toe taps side leading L

Elastic Tubing with Handles:

(Seated or Standing)

1. Latissimus dorsi pull-down –
½ time tempo 8x, then at tempo 8x. Hold down and pulse
2. Fingers “walk” to center of band elbows pull back scapular adduction --
At tempo 8x, then pulse 8x. Hold (breathe)

(Tubing behind back – “put your coat on”)

3. Alternate R and L presses front
Slow crosses front, R arm on top, then L arm on top, REPEAT a few times
Pulse R arm on top 3x, then open; pulse L arm on top 3x, then open
REPEAT a few times

(Everyone around to front of chair, drop band behind knees and sit down)

(Step on tubing with both feet, cross handles in front, hands on hips)

4. Abductor work – slow step out / in R, then out / in L – Repeat 2 more times
Step out R fast 4x
Slow step out / in L, then out / in R -- 3 sets
Step out L fast 4x
End with slow stepping out R, then L (to feet wide position)

(Uncross tubing)

5. Posterior Deltoid work -- press straight arms back
At tempo 8x, then pulse 8x, Hold (breathe)

Get water – PE Check

SilverSneakers Ball

(Seated)

1. Squeeze the ball with both hands, then open fingers wide
2. Hold ball in R hand, press forward, and pull back
½ time tempo, then at tempo
 - Add rotate ball inward, outward before the pull back
½ time tempo, then at tempo
3. Hold arm in, and perform lateral and medial rotation of the shoulder
½ time tempo, then at tempo (on last repetition, switch ball to L hand)

REPEAT #2 and #3, holding ball in L hand
4. For coordination: Shoulder rotations lateral / medial / lateral, switch hands
(3, 2, 1, switch hands; 3, 2, 1, switch hands, etc.)
5. Place ball on top of R thigh, press down on ball with forearm (internal obliques)
Single presses several times, then pulse 3x and release
6. Place ball between thighs, inner thigh squeezes
Single squeezes several times, then Hold (breathe)

REPEAT #5, ball on top of L thigh
7. Place ball behind back (between the chair back and participant's back)
Compress abdominal muscles and press back into the ball
½ time tempo, then at tempo, then pulse 3x and release

Cool Down:

(Coordination Drill)

1. Both heels tap
Both toes tap
2. Alternate ball in R and L hand (on heel taps)
Knee lifts L, R; add ball under L then R knee
 - Combine these moves for a coordination drill
3. Push ball front and in ½ time, with march at tempo
4. March ½ time, inhale - reach up with ball, exhale - circle ball down in front (like a Ferris wheel)
Feet steady, and reverse the Ferris wheel movement with the ball (other direction)

Get water – PE Check

Final Stretch:

1. Alternate heel taps front R, L at ½ time tempo, opposite arm reaches up. Hold R heel front.
2. Support body with L hand on thigh or chair, into hamstring stretch
3. Cross R leg over left ankle, and open R knee for hip stretch
4. Knees press together, and hands to R side of thigh, spinal and neck rotation to R
5. Uncross legs and turn body to R. L knee toward floor for quadriceps stretch (enhance the stretch by leaning body slightly forward, then slightly back for a deeper stretch)
6. Turn body center, feet remain wide for adductor stretch
7. R shoulder press center and slightly down, then L shoulder
8. Heels / toes bringing feet together

REPEAT #1 through #8, leading alternate heel taps front L

9. Deep breath with arms lengthening overhead. Perform a few times, then into triceps stretch with both hands reach for upper back (enhance the stretch by walking fingers back and down)
10. Elbows come forward, pressing fingers into tops of shoulders (finger massage shoulders)
11. Hands release down to sides, lengthening the biceps muscles
12. Arms reach sides, then hug, and draw elbows down for an upper back stretch, then elbows lift and reach front for a posterior deltoid stretch
13. Arms lengthen to sides, hands grasp chair back. Slight lean forward for a chest stretch and anterior deltoid stretch
14. Wrist circles both ways
15. Open fingers wide, then make a fist for finger/hand stretch
16. Neck stretches – R ear to R shoulder, look at R shoulder. Transition bringing chin down to chest, then looking forward. L ear to L shoulder, look at L shoulder.

Get water – PE Check

Relaxation:

Take “mental vacation”

In mind’s eye view, take class members to their favorite place to relax.

We will all experience something different.

Explore senses...what do you see/smell/hear?

Recognize that feeling you have and hold onto that in times of stress.

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

Thank members for coming to class today!