



LEADING EXERCISE CLASSES FOR SENIORS

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Exercise Classes For Seniors

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Exercise Class Tips

The purpose and benefits of exercise

- These exercises are designed to strengthen residents to increase their functional fitness. Increasing functionality has many benefits, including improved quality of life, greater strength and balance and fewer falls and injuries. In addition, improving functional fitness can help residents recover quicker when falls or injury do occur. Exercise also improves heart and lung health, improves emotional well-being, lowers blood pressure, and helps stabilize blood sugar. Consistently remind residents about the amazing benefits of exercise.

Back straight, tummies tight!

- No matter the routine you are practicing with the residents, always be sure to encourage a straight back and tight stomachs. The more they keep their stomachs in tight, the less likely they are to hurt their backs and the more likely they are to get the greatest benefits from the exercise. This will also increase their core strength, which is essential for good balance and fewer falls.

Keep breathing

- As you go through the routines, consistently remind residents to breathe. The exercises take a lot of effort and often a lot of brain power, which can occasionally distract from breathing. Be sure to encourage big, strong, deep breaths throughout the exercises so the residents can get the oxygen they need.

Hydrate

- It's important to encourage the residents to drink water throughout their day. This will prevent dehydration as well as quicker recovery time after working their muscles.

Watch

- Pay attention to the residents as you go through the exercise routines. Pay attention to how many repetitions are needed for each exercise, pay attention to their form and encourage changes when necessary. Pay attention to their breathing and adjust exercises accordingly.

Other

- Many of the exercises in these routines could be used in other routines. Don't be afraid to change or add something different. This is not an all-inclusive list, just something to get you started on discovering moves you and your residents might love. Keep learning new things.
- Be sure to play music your residents love. Play upbeat music to help energize them, and help them have fun with exercising. The exception to this is stretch and balance—for those routines play soft, soothing instrumental music to encourage relaxation.
- Sing along with the music, and encourage the residents to sing along if they would like to.
- Most of the instructions indicate a particular side to start on. You do not need to start on that side if you would prefer to start on a different side.
- Call out "mirror-image" directions i.e., if you are using your right arm, call out the left so residents are mirror imaging you.
- Encourage residents to fuel their bodies with healthy foods throughout the day to speed muscle recovery, improve brain function and just to help them feel better overall.
- Be energetic and positive. Smile big and have fun!

Strength Training With Weights

Any of these exercises can be done faster with more repetitions, or slower with fewer repetitions. Always stress proper form. Encourage them to keep their core muscles tight, and their back straight throughout the routine. Remind them to breathe with the movements. Do each exercise anywhere from 4-30 times. Watch residents closely to determine how many repetitions are needed.

Do warm-up exercises for about 5 minutes, then alternate upper and lower body exercises for 20 minutes. Cool down/stretch for 5 minutes.

Warm Up Exercises:

- Look up, and down slowly
- Look side to side slowly
- Make a U shape back and forth with the head, slowly
- Shoulder Shrugs--both shoulders, and alternating shoulders
- Shoulder Rolls--forward and back
- Big Arm Circles--forward and back
- Wrist Rolls--both directions
- Twist body in both directions without arms, and with arms reaching side to side
- Reach overhead and stretch side to side
- Hip Swing--With bent knee, swing one leg side to side, and then repeat with the other leg.
- Pick one leg up, then the other with either bent knees, or straight knees.
- Toe Taps
- Heel Taps
- Alternating Toe and Heel Taps
- Ankle Rolls-- both directions
- Toe Taps—to the front and to the side
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Upper Body Exercises:

- **Biceps**
 - **Curls**—Keeping arms close to the body, lift weights with palms facing up,
 - **Hammer Curls**—Keeping arms close to the body, lift weights with palms facing in.
 - **Front & Side**—curls done by lifting directly in front of the body for one repetition, then at an angle to the side for the next rep, always keeping the elbows pinned to the body to ensure the contraction will stay in the biceps, and to prevent shoulder injury.
 - Pumping Curls or Hammer Curls
- **Triceps**
 - **Triceps Kickbacks**—with arms close to the body, push the elbows backwards. While keeping the elbows pulled back straighten the arms, flexing the triceps

muscles. Bend the elbows back to the starting position, keeping them behind the body. Always keep arms close to the body, and the elbows slightly behind.

- **Triceps Overhead (for more active seniors)**—bring both arms up alongside the head. While keeping the elbows near the head lift and lower the weights.
- **Triceps Dips**—place hands on the arms of the chair. Push body off the chair using just the arms, not the legs. **Do not come to a full standing position.**
- **Triceps Extension**—holding the weights with palms facing in and arms almost straight, straighten the arms, squeezing the triceps, then come back to the starting position and repeat.
- **Shoulders**
 - **Overhead Press**—bring arms into a “football goal post” or “arrested” position at shoulder level. Press arms overhead, then come back down, only to shoulder level.
 - **Shoulder Fly**—with weights out to the side of the body raise weights to shoulder level, and back down again. Can be done with both arms at the same time, one at a time, or a combination of both.
 - **Lateral Shoulder Raise**—place weights on legs just above the knees. Lift weights to shoulder level, and back down again. Can be done straight in front, or across the body. Can also be done both arms at the same time, one at a time, or a combination of both.
- **Chest**
 - **Upright Bench Press**—bring weights up in front of chest, push out until the arms are straight, then come back in again.
 - **Chest Flies**—bring arms out to the side with palms facing forward. Push weights forward until arms are straight in front of you, then back to the starting position.
- **Back**
 - **Lat Pulls**—Bring arms up into a “goal post” or “arrested” position. Pull elbows down and slightly back, squeezing shoulder blades together. Can also be done with hands straight in front and elbows bent.
 - **Back Flies**—with weights in hands bend forward slightly. Keeping arms straight lift weights up to shoulder level and back down again.
 - **Seated Dead Lifts**—with weights in hands, palms facing backward slowly lower the body until weights are next to the knees, and come slowly back up. Encourage residents to keep abdominal muscles pulled in and back straight.
- **Abdominals**
 - **Seated Crunch**—holding onto the arms of the chair, lift legs, keeping knees bent, up to the belly. Can do up to 20 repetitions, or just do a couple that are held at the top. Can also do a combination of those two. For those with weaker abdominal muscles do one leg at a time, reminding them to keep their back straight and tummy pulled in.
 - **Leg Swings**—bring knees up, then straighten legs, bend then again, then bring them back down. Repeat up to 10 times.
 - **Seated Side Twist**—bring hands to the back of the head. Twist slowly to one side, touching the opposite elbow to opposite knee. Come back up and do the

same thing on the other side. Use the abdominal muscles throughout the entire movement. Do 4-8 repetitions on each side.

- **Seated Bicycle Twist**—bring right arm up behind head. Bring left knee up as you bring the right elbow down. Touch left knee to right elbow. Repeat on opposite side. Can alternate sides, or do all repetitions on one side, then the other.
- **Seated Side Crunch**—bring hands behind the head. Using the abdominal muscles lean to one side, then the other, squeezing the oblique muscles all the way down, and all the way up. Do 10-20 repetitions on each side. Can also be done holding a weight in each hand, with the hands down at the side.

Lower Body Exercises

- **Leg Extensions**—bring one leg straight in front. Raise the leg while squeezing the quadriceps muscles, then lower again. Repeat up to 30 times for each leg. Can be done with or without a weight held on the leg, just above the knee.
- **Heel Taps**—bring both legs straight in front. Turn the heels toward each other, and tap them together up to 30 times. Encourage residents to squeeze their inner thigh muscles as they push the heels together.
- **Toe Taps**—bring both legs straight in front. Turn toes toward each other and tap them together up to 30 times. Encourage big movements to better work the outer thighs.
- **Heel Raises**—can be done sitting or standing. Come up on the toes, squeezing the calf muscles, then lower again. Repeat up to 30 times.
- **Side Kicks**—while standing, hold onto chair, balance on one leg, and kick other leg out to the side, squeezing the upper thigh and glute muscles. Do 20-30 reps on each side. Can also be done in a chair—just be sure to encourage them to keep their back straight and abs held in.
- **Knee Ups**—while standing, hold onto chair, balance on one leg, bring the other knee up in front making sure to keep the back straight and abdominal muscles pulled in. Do 20-30 reps on each side. Can also be done in a chair, being sure to keep the back straight and abs in.
- **Butt Kicks**—while standing, hold onto chair, balance on one leg, bring opposite leg behind you towards the butt. Repeat 20-30 times on each side. To do this in a chair, pull one leg backwards and up, as though you're trying to touch the heel to the bottom of the chair (no need to touch the bottom of the chair, but this gives you a visual that will encourage contraction of the hamstrings).
- **Leg Lifts**—in a chair, place 1, 2, or no weights on one leg. With knee bent lift one leg. Repeat 20-30 times on each side.
- **Squats**—while standing hold onto the back of the chair. Bend the knees, pushing the buttocks behind. Be sure knees do not fall forward over the ankles. Stand back up. Repeat up to 30 times. For those seated in a chair, press the heels into the ground, squeeze the buttocks together, then lean forward with a straight back. Come back up, pressing the heels into the ground and squeezing the buttocks even tighter.

Cool Down Stretches

- Make a U shape back and forth with the head, slowly
- Shoulder Shrugs-both shoulders, and alternating shoulders
- Shoulder Rolls-forward and back
- Big Arm Circles-forward and back
- Wrist Rolls-both directions
- Twist body to one side, and hold onto the arm of the chair to stretch the back. Hold for about 20 seconds. Repeat on other side.
- Reach overhead with one arm and lean to the side, stretching the side of the body. Hold for about 20 seconds. Repeat on other side.
- **Hip Stretch**—cross legs “guy style”. Push down gently on the bent knee, then lean forward slightly, keeping the back straight. This will stretch into the hip, and glute muscles. **Note:** For those with bad hips, hip replacements, or with less flexibility keep one leg straight, then place the foot of the opposite leg on the shin of the straight leg, keeping the top leg bent out to the side, and lean forward slightly.
- **Ankle Rolls**-- both directions
- **Shoulder Stretch**—bring one arm across the body. Place opposite arm underneath the first arm, bend the bottom arm and pull gently on the top arm. Be sure to keep shoulders down, away from the ears.
- **Neck Stretch**—look down at the floor. While still looking at the floor turn head to one side. Hold for about 20 seconds, then repeat on opposite side.
- **Leg Stretches**—straighten both legs in front with feet still on the floor. Slide down the legs, reaching for the toes. Only go as far as you can go comfortably while keeping the back straight. Hold for about 20 seconds
- **Cross Legged Leg Stretches**—cross one leg over the other, with both legs straight in front and feet on the ground. Slide down the legs, reaching for the goes. Only go as far as you can go comfortably while keeping the back straight. Hold for about 20 seconds. Repeat with opposite leg on top.
- **Breathing**—End by bringing the arms overhead while inhaling, and then exhaling as you bring the arms down. Repeat 1-4 times.

Stretch & Balance Exercises

Purpose: Increase flexibility, range of motion and strength. Also to improve circulation and increase oxygen levels. Stretching exercises have been shown to reduce pain caused by arthritis and other inflammatory diseases. Remind residents of these benefits as you go through the routine.

Facilitation: Start with a 5 minute warm up to get the blood and oxygen flowing before moving into deep stretches. This will reduce the chance of injuries. Do about 7 or 8 minutes of upper body stretches, then 7 or 8 minutes of lower body stretches. Do 2 to 3 abdominal exercises, then 3-4 balance exercises. End with at least 5 minutes of relaxation.

You do not need to complete every exercise. Choose what you would like to do so each routine is slightly different. Each exercise can be repeated as many or as few times as you would like.

Warm-up Exercises

- **Deep breathing**—with palms of hands together in front of the chest breath in and out slowly. Give verbal clues “breathe in, exhale out”. You should be breathing about 4 slow counts in and 4 slow counts out.
- **Arms over-head with breathing**—continue with the breathing, but bring the arms up over head while inhaling, and bringing the arms back down while exhaling. Say “inhale up,” and “exhale down”. Repeat about 4 times.
- **Head up and down with arms over-head**—continue as above, but look at the ceiling while bringing the arms up, then look down towards the floor when bringing the arms down. This warms up the neck. Repeat about 4 times.
- **Big Arm Circles**—forward and back. Move slowly. Encourage residents to reach as far as they can. Repeat about 4 times in each direction.
- **Tilt head side to side**—holding for about 2 seconds on each side. Repeat about 4 times.
- **Look side to side**—holding for about 2 seconds on each side. Repeat about 4 times.
- **“Vinyasa”**—this means flowing movement. While inhaling bring the arms up over head. Exhale, and bring the arms down, palms together. While keeping the back straight, fold at the waist, and bring the hands to the knees. Round the back up towards the ceiling, then straighten the back again, and flex it while looking toward the ceiling. Round the back again, and slowly come back to a seated position. This movement helps warm up the body, and is also a good transition move between other exercises.
- **Toe Taps**—Tap toes about 8-10 times.
- **Heel Taps**—Tap heels about 8-10 times.
- **Side Taps**—Keeping the knees close together tap the toes out to the side. You can do one leg at a time, or alternate legs. Do about 8-10 repetitions.
- **Ankle Rolls**—With legs straight out in front of you roll your ankles one direction, then the other. Repeat 6-8 times in each direction.

- **Flex & Point Feet**—With legs straight out in front of you flex the toes toward you, then point them away. Repeat 6-8 times in each direction.

Upper Body Stretches

Neck

- **Side Neck Stretch**—Look straight down at the floor. While still looking at the floor turn the head to the left. You should feel this stretch on the right side of the neck. For a deeper stretch bring the left hand up and over the head, pulling the gently to the left. Hold for several breathes. Roll the head back to the center, then to the other side, repeating everything on the opposite side.
- **Head Tilt**—Tilt head to left side and hold. For a deeper stretch, reach the left hand over the head, and pull down gently on the head. You should feel this stretch in the right side of the neck. Release, and repeat on the right side.
- **Look Up And Down**—Look up at the ceiling, placing the fingertips on the forehead to *gently* push backward. Then look at the floor, placing the fingertips on the back of the head to *gently* push downward. This stretches the front and back of the neck.
- **U**—roll the neck from side to side in a “U” shape. Do about 4 repetitions.

Shoulders

- **Across The Body**—Bring the left arm straight out in front of you. Bring the arm across your body. Bring the right arm under the left. Bend the bottom arm, pulling on the upper arm to stretch the shoulders. Be sure to keep the shoulders down away from the ears. Hold for 20-30 seconds. Repeat on other side.
- **Eagle Arms**—Inhale, and bring both arms up over head. Exhale, and bring the arms down to shoulder level, palms facing down. Bring the left arm straight out in front of you. Turn the left palm up, and bend the arm at a ninety degree angle (palm facing behind you). Bring the right arm underneath the left so the elbows are together. Bend the right arm to stretch the left shoulder more. For those with more flexibility you can bring the palms together. Keep the shoulders down away from the ears. Hold for 20-30 seconds. Repeat on other side. Encourage slow, deep breaths as you’re holding this pose. You might even say “imagine the extra blood and oxygen going to the shoulders and loosening them up”. Be sure to release from this pose slowly and gently.
- **Forward And Back Shoulder Stretch**—bring the arms forward, cross the arms and bring the palms together. Bring the arms behind the back and touch the palms together again. Hold for 20-30 seconds. Can also be done without crossing the arms.

Wrists

- **Wrist Pull**—Bring the left arm straight in front of you. Flex the hand so the palm is facing out. Grab the fingers of the left hand with your right hand, and pull back gently. Hold to about 20 seconds, and then repeat on other side.
- **Wrist Push**—Bring the left arm straight in front of you. Point the hand toward the ground, so your palm is facing you. Push gently on the back of the hand with the right hand. Hold for about 20 seconds. Repeat on other side.

- **Palm Push**—Bring palms of hands together, with elbows pointing out. Push hands together. This stretches the wrist, and strengthens the hands and arms.
- **Wrist Roll**—Roll the wrists one direction for about 4 repetitions, then change directions. This can be done one hand at a time, or both together.

Back

- **Cat/Cow**—with a straight back lean forward, bringing the hands to the knees. Round the back up towards the ceiling while keeping the hands on the knees, then come back down and flex the back the opposite direction. Do about 4 repetitions.
- **Twist**—twist body to one direction. Hold onto the armrest of the chair to help twist a little further. Hold for about 10 seconds, then switch to the other side.
- **Twist With Arm Stretch**—twist body to the right, taking the arm rest on the right side of the chair with the left hand. Reach the right hand up behind, as you look toward the right hand. Hold for about 10 seconds or so, then switch to the left, with the right arm taking the left arm rest, and the left arm stretching behind.
- **Baseball Twist**—clasp hands straight in front. While keeping the back straight pull the hands over to one side. Hold for several seconds, then switch to the other side.
- **Upper Back Stretch**—clasp hands straight in front. While pushing the hands forward, arch the back towards the back wall. Hold for several seconds. Can be combined with a baseball twist, but keeping the back arched backwards instead of straight.

Lower Body Stretches

Hips

- **Cross Legged Stretch**—cross legs “ladylike”. With a straight back lean forward as far as possible, allowing the arms to hang down. Hold for about 10 seconds. Slowly come up, and switch to have the other leg on top, repeating the stretch on the other side. For a modification for those that are not as flexible place legs straight in front, with the feet on the ground, cross the ankles, and repeat the stretch as above.
- **Deep Hip Stretch**—From a cross legged position bring the top ankle to the knee of the bottom leg in a “guy sit”. Gently push down on the leg, just above the knee (you never want to push directly on the knee, as this can stress the knee joint). For a deeper stretch lean forward as far as possible while keeping the back straight, and the chin up. Modify this exercise the same as above, but encourage them to have their knee angled out slightly. Residents who have had hip replacements should use the modification.
- **Inner Thigh Stretch**—spread the legs out to the side as far as possible. Rest the right elbow on top of the right leg, and use the elbow to push slightly backward on the leg. If desired bring the left hand up and over the side of the body for a stretch into the side of the body as well. Hold, and then repeat on the other side.

Legs

- **Hamstring Stretch**—place the legs straight out in front while keeping the heels on the floor (allow the toes to come up). With a straight back lean forward, sliding down the legs as far as possible. Hold for at least 10 seconds. On an inhale come slowly back up.

- **Hamstring/Calf Stretch**—place the legs straight out in front. Flex the toes toward you. With a straight back lean forward, sliding down the legs as far as possible. Hold for at least 10 seconds. On an inhale slowly come back up.
- **Calf Stretch**—Place one leg in front of the other with bent knees, and feet flat. Press the back heel toward the floor as much as possible. Lean forward with a straight back, and place hands just above the knee of the back leg. Hold for at least 10 seconds. Switch and repeat on the other side.
- **Shin Stretch**—place legs straight out in front, keeping the feet flat on the ground. With a straight back slide down the legs as far as possible. Hold for at least 10 seconds. Slide back up on an inhale.

Abdominal Exercises

- **Leg Lifts**—sitting tall and holding the abdominal muscles in bring the knees up as high as you can, then lower them. Hold onto the armrests of the chair for extra support. For an extra challenge hold the knees up for 10 seconds before releasing down.
- **Hold The Ball Twist**—inhale and reach overhead to the right. Hold the arms as though you're holding a ball. Exhale as you use the abdominal muscles to pull the ball down to the left. Repeat several times, then change sides to go up on the left, and down on the right.

Balance Exercises

- **Single Leg Balance**—while standing, hold onto a chair with one hand, balance on one leg for at least 10 seconds. Try to work up to 30 seconds. For those who need to remain seated have them sit forward in the chair/wheelchair slightly. Have them lift one leg while leaning into the grounded leg, and encourage them to lift their arms off the armrests so they are forced to use their abdominal muscles to keep their body up.
- **Single Leg Swing**—while standing, and holding onto a chair with one hand, balance on one leg, then slowly swing the opposite leg forward and back. You can tap in the middle if needed for greater stability. For those needing to remain seated have them scoot forward slightly in their chair/wheelchair. Have them lift one leg while leaning into the grounded leg, and encourage them to lift their arms off the armrests so they are forced to use their abdominal muscles to keep their body up. Tap the opposite foot forward and back. A variation is to swing the leg out to the side instead of forward and back.
- **Tree Pose**-- while standing, and holding onto a chair with one hand balance on one leg. Bring the heel of the opposite leg to the ankle of the standing leg. This is the beginning position. For those with better balance they can bring the entire foot up to the calf of the standing leg—be sure to keep the knee pressed out. This can also be done in a chair the same way, just be sure to keep the elbows off the armrest of the chair.

Relaxation

Have residents lean back in their chairs. In a calm, soothing voice, encourage them to close their eyes. Tell them to feel the tension leaving their face, then neck, shoulders, arms, back/midsection, glutes, legs and feet. Encourage deep breathing as you do this, focusing on each area of the body for several breathes. Have them feel the tension and stress in their body sliding down their body until it finally leaves through their toes. Have them continue to take slow smooth breathes for another couple of minutes, then have them wiggle their toes, then their hands, and slowly open their eyes. Come back to a tall seated position, looking at the floor to give the blood in the head time to readjust. Slowly look back up, then take a deep breath as you raise the arms overhead, then exhale while bringing the arms back down. Repeat 2-3 times.

Chair Aerobics

Purpose: Increase heart rate and blood circulation through aerobic exercise. Strengthen muscles of the entire body.

Facilitation: Start with a 5-minute warm up to get the blood and oxygen flowing before moving into more rigorous activity. This will reduce the chance of injuries. Do about 20-25 minutes of continuous movement. End with at least 5 minutes of stretching and cooling down.

You do not need to complete every exercise. Choose what you would like to do so each routine is slightly different. Each exercise can be repeated as many or as few times as you would like. “Intervals” can be done by starting an exercise at a slower pace, then quickening the pace for 30 seconds to a minute. You can also do 8 repetitions of an exercise on one side, then switch to the other. Switch again, and do 4 repetitions on each side, then 2, then 1.

Warm-up Exercises

- **Toe Taps**-- Tap toes to the front, alternating sides
- **Heel Taps**-- Tap heels to the front, alternating sides
- **Leg Swing**--lift one leg, and swing side to side for about 8 repetitions, repeat on the opposite side
- **Knee lifts**—with a bent knee pull leg up towards the stomach. Alternate sides, or do several repetitions on one side, then switch to the opposite side
- **Leg lifts**—with a straight leg, lift one leg up, and down. Alternate with each repetition, or complete repetitions on one side, then switch to the other
- **Side Taps**—tap leg out to the side and back in, alternating legs, or completing repetitions on one side, and then moving to the other
- **Shoulder Rolls**—roll shoulders backward for 4-8 repetitions, and then forward
- **Arm Circles**—move arms in a circle backwards for 4-8 repetitions, and then forward
- **Elbow Circles**—bend arms and move elbows in a backward circle for 4-8 repetitions, then forward
- **Wrist Roll**—roll wrists in a circular movement outward for 4-8 repetitions, then inward
- **Side Reach**—reach side to side across the body and/or overhead
- **Neck Tilt**—tilt head side to side, and up and down
- **Look to Side**—turn head side to side
- **Neck Roll**—roll head in a circular movement, or side to side in a “U” shape

• ***Aerobic Exercises***

- **Side Steps**—tap right leg out, then bring the left foot over to the right, then repeat on the other side. Move with the beat of the music. To make this more intense bring the knees up as you move the feet side to side. Allow the arms to swing naturally.

- **Jumping Jacks**—move both arms, and legs out to the side, and in again. You can change the height of the arms to be straight out, slightly up at an angle, or all the way up, depending on the energy of the residents. You can also do one side of the body at a time, ie, take the right arm and leg out and then for 8 repetitions, then the left side.
- **Front Toe Taps**—tap toes to the front, one foot at a time, or both
- **Front Heel Taps**—tap heels to the front, one foot at a time, or both
- **Step Kicks**—step with one foot, and kick with the other. Switch sides
- **Hand To The Knee**—bring the left knee up, and tap it with the right hand. Can do several repetitions on one side, then switch to the other, or switch sides with each repetition.
- **Skating**—make a skating movement by stepping with the right foot, and sliding the left foot over, just like you’re skating, then changing to the other side. Swing the arms with the leg movement.
- **Mountain Climber**—reach the right hand overhead, and bring the left knee up, then switch sides. This can be done slowly, or quickly, depending on the energy level of the class.
- **Boat Rowing**—lift both arms and legs up, then tilt forward, placing the feet on the ground, then lift again as you lean back into the chair, then tilt forward again.
- **Step-Ball-Change**—variation of a side-step, but more intense. Tap the right leg out, then tap the left leg close to the right leg, then the tap the right foot again before switching to the other side. It should be a “quick-quick-slow” movement.
- **March In Place**—move the legs in a marching movement, swinging the arms
- **Charleston**—step with the right leg, kick with the left, then place the left foot on the ground, and tap the right leg behind (and slightly to the side so as not to kick the chair). Do several repetitions on this side, and then switch sides.
- **Bicycle**—leaning back slightly, lift the legs, and move in forward circles to mimic the movement of pedaling a bike. The arms can be brought up and moved in a forward circles as well. Encourage a straight stomach, and tight abdominal muscles to protect the lower back.
- **Skiing**—lift both legs off the ground, and tap to one side while pulling the arms in the same direction as though they were holding skiing poles. Switch to the opposite side.
- **Cha Cha**—step forward with the right foot, then back with the left foot, then tap the right foot next to the right, then the left, then the right again in a quick “cha cha cha” movement. Then do the same thing with the left foot going forward first. This can also be done moving side to side, and backward.
- **V-Step**—tap the right leg forward at a diagonal, then the left, then bring the right leg backward, and toward the middle, then the left. (Imagine there is a “V” on the floor in front of you, and you’re touching your feet on the points of the v). Add arms by stretching the right arm forward with the right leg, the left arm out with the left leg, and then pulling in as you bring the feet back
- **Running**—leaning forward slightly more the arms and legs in a running movement for about 30 seconds. This is a great movement for interval training.

Cool Down—do a couple minutes of the warm-up exercises again to slow the heart rate, making the movements slower and smaller. Then choose a few of the following stretches to stretch out all the muscles you just worked.

- Make a U shape back and forth with the head, slowly
- **Shoulder Shrugs**—both shoulders, and alternating shoulders
- **Shoulder Rolls**—forward and back
- **Big Arm Circles**—forward and back
- **Wrist Rolls**—both directions
- Twist body to one side, and hold onto the arm of the chair to stretch the back. Hold for about 20 seconds. Repeat on other side.
- Reach overhead with one arm and lean to the side, stretching the side of the body. Hold for about 20 seconds. Repeat on other side.
- **Hip Stretch**—cross legs “guy style”. Push down gently just above the bent knee, then lean forward slightly, keeping the back straight. This will stretch into the hip, and glute muscles. **Note:** For those with bad hips, hip replacements, or with less flexibility keep one leg straight, then place the foot of the opposite leg on the shin of the straight leg, keeping the top leg bent out to the side, and lean forward slightly.
- **Ankle Rolls**-- both directions
- **Shoulder Stretch**—bring one arm across the body. Place opposite arm underneath the first arm, bend the bottom arm and pull gently on the top arm.
- **Neck Stretch**—look down at the floor. While still looking at the floor turn head to one side. Hold for about 20 seconds, then repeat on opposite side.
- **Leg Stretches**—straighten both legs in front with feet still on the floor. Slide down the legs, reaching for the toes. Only go as far as you can go comfortably while keeping the back straight. Hold for about 20 seconds
- **Cross Legged Leg Stretches**—cross one leg over the other, with both legs straight in front and feet on the ground. Slide down the legs, reaching for the toes. Only go as far as you can go comfortably while keeping the back straight. Hold for about 20 seconds. Repeat with *opposite* leg on top.

Dance In A Chair

Purpose: Increase heart rate and blood circulation through aerobic exercise. Strengthen muscles of the entire body. Have fun dancing!

Facilitation: Start with a 5 minute warm up to get the blood and oxygen flowing before moving into more rigorous activity. This will reduce the chance of injuries. Do about 20-25 minutes of continuous movement. End with at least 5 minutes of stretching and cooling down.

You do not need to complete every exercise. Choose what you would like to do so each routine is different. Each exercise can be repeated as many or as few times as you would like.

“Intervals” can be done by starting an exercise at a slower pace, then quickening the pace for 30 seconds to a minute. You can also do 8 repetitions of an exercise on one side, then switch to the other. Switch again, and do 4 repetitions on each side, then 2, then 1. Getting the dance movements perfect is not important—keeping the movement going is. To help keep things moving pick a couple of “go-to” moves you can go back to while thinking of what to do next.

Warm-up Exercises

- **Toe Taps**-- Tap toes to the front, alternating sides
- **Heel Taps**-- Tap heels to the front, alternating sides
- **Leg Swing**--lift one leg, and swing side to side for about 8 repetitions, repeat on the opposite side
- **Knee lifts**—with a bent knee pull leg up towards the stomach. Alternate sides, or do several repetitions on one side, then switch to the opposite side
- **Leg lifts**—with a straight leg, lift one leg up, and down. Alternate with each repetition, or complete repetitions on one side, then switch to the other
- **Side Taps**—tap leg out to the side and back in, alternating legs, or completing repetitions on one side, and then moving to the other
- **Shoulder Rolls**—roll shoulders backward for 4-8 repetitions, and then forward
- **Arm Circles**—move arms in a circle backwards for 4-8 repetitions, and then forward
- **Elbow Circles**—bend arms and move elbows in a backward circle for 4-8 repetitions, then forward
- **Wrist Roll**—roll wrists in a circular movement outward for 4-8 repetitions, then inward
- **Side Reach**—reach side to side across the body and/or overhead
- **Neck Tilt**—tilt head side to side, and up and down
- **Look to Side**—turn head side to side
- **Neck Roll**—roll head in a circular movement, or side to side in a “U” shape

Dance Steps

Basic Dance Steps

- **Side Step**—step to the right with the right foot, then the left. Repeat to the left. Continue as long as desired.
- **Step Kick**—step with the right foot, kick forward with the left. Repeat, stepping with the left foot, then kicking with the right. Add a clap with the hands, or reach one arm at a time with the kick, or reach in front, or overhead with both arms to add variety to the move.
- **Triple Step**—step right, left right in a “quick, quick, slow” pattern on the right side, then reverse it on the left.
- **Reach And Tap**—reach the right arm forward while tapping the right foot forward, then do the same on the left. You can also have the right arm, and left leg, and visa versa (this helps improve brain power).
- **Knee Tap**—bring the left knee up, twist the body to the left and bring the right hand to the left knee. Repeat on the opposite side. You can also do 8 or 4 or 2 repetitions on each side before switching to the other side.

Latin Music Dance Steps

- **Cha Cha**—tap the right foot forward, then tap the left foot where it was, bring the right foot back next to the left foot, then do a quick, quick slow stepping pattern with the right, then left, then right foot. The quick, quick slow should be to the rhythm of saying “cha, cha, cha”. Then do the same thing again starting with the left foot. You can vary this by tapping the feet out to the side, at an angle, and behind.
- **Mambo**—tap the right foot forward, then tap the left foot where it was. Bring the right foot back to the starting position. Repeat leading with the left foot. The movement is a quick, quick slow move.
- **Latin Arms**—with the elbows out to the side and hands in fists circle the arms for two beats, then bring the right arm up to the side at a right angle. Repeat the circles, then bring the left arm up to the side at a right angle. Use a simple march step, or side to side step with the feet.
- **Samba**—tap the feet in a quick, quick, slow pattern, letting the hips swing into the slow beat.

Big Band Music Dance Steps

- **Charleston**—step with the left foot, kick the right foot forward, then tap the right foot down, then the left foot taps behind you. Do as many repetitions as you would like on that side, then switch by stepping with the right foot, and kicking with the left, right foot comes down, then right foot taps behind.
- **Flapper Arms**—“flap” the hands up to the right, overhead, then the left, then down to the right, then down to the left. You can do each movement up to eight times, or just alternate each time. To make it more challenging bounce the knees along with the

arms. A variation would be to “flap” the hands overhead to the right, then the left, then down to the right, then down to the left.

- **Flapper Knees**—place both hands on the knees, open the knees while keeping the hands on them. Bring the knees together, then cross the arms onto the opposite knees. Take the knees out again, keeping the arms crossed, then bring the knees together, and uncross the arms again. Repeat.

Hawaiian Music Dance Steps

- **Basic Hulu Step**—alternate the heels coming up and down, and allow the hips to move with the movement of the feet. Hold the abdominal muscles in. This is an amazing move for strengthening the core muscles.
- **Hula Arms**—this can be done a couple of ways. With the palms up bring both hands gracefully forward, then sweep the arms out to the side, and back in again. You can also do this one arm at a time either forward, and out to the side, or reaching across the body and out.
- **Play The Drums**—marching with the legs, bring the arms up, with elbows out. Pretend to beat a drum with one arm, then the other while keeping the elbows up.
- **Basic Huki Lau Step**—doing the basic hula step with the legs, reach to one side with both arms, and pretend you’re pulling a net in from the sea. Do two repetitions on each side. Repeat as many times as desired.
- **Hula Hips**—pushing your hands onto the armrests of your chair, stand up half way, then swing the hips back and forth.
- **Guys Chest Tap**—with both hands tap the chest, then reach the arms to the right, tap the chest again, then reach up to the left. You can also reach down. You can tap the chest once or twice. To make the move harder add a march movement with the legs.
- **Swim**—reach the arms forward one at a time as though you’re swimming. A variation is to move the arms in circles backward, and bring the legs up to “kick” as though you’re doing a backstroke.

Ballroom Dance Steps

- **Waltz**—tap the feet in a “1, 2, 3, 1, 2, 3” pattern first to the right, then the left. Swing the arms from side to side with the feet in a graceful, dancing motion. The arms can also be brought in front as though holding a partner and twisting the body side to side while keeping the waltz step going with the feet.
- **Dip**—bring the right arm up and out to the right while bringing the left foot out at an angle. Lean back in the chair. Repeat on the other side with the left arm coming up and the right leg going out. Encourage use of the abs to protect the lower back.
- **Lindy Hope Or Jitterbug**—tap the feet in a quick, quick, quick, slow, slow pattern. Point the fingers toward the ground, and move the shoulders and arms in the same quick, quick, quick, slow, slow pattern as the feet.

Folk Dance Steps

- **Alternating Step Hops**—step to the left, then hop on the left. Step to the right, then hop on the right.
- **Slide Steps**—slide the right foot to the right, then slide the left foot to meet the right. Repeat to the left.
- **Grapevine**—step to the right with the right foot. Bring the left foot behind the right, then tap the right foot out to the right. Repeat starting with the left foot moving to the left and the right foot going behind.
- **Heel Toe Polka**—with hands on the hips tap the right heel forward, tap the left toe, then the right heel again. Switch sides tapping the left heel forward, then tapping the right toes, then the left heel again.

Cool Down—do a couple minutes of the warm-up exercises, or more dance steps again to slow the heart rate, making the movements slower and smaller. Then choose a few of the following stretches to stretch out all the muscles you just worked.

- Make a U shape back and forth with the head, slowly
- **Shoulder Shrugs**—both shoulders, and alternating shoulders
- **Shoulder Rolls**—forward and back
- **Big Arm Circles**—forward and back
- **Wrist Rolls**—both directions
- Twist body to one side, and hold onto the arm of the chair to stretch the back. Hold for about 20 seconds. Repeat on other side.
- Reach overhead with one arm and lean to the side, stretching the side of the body. Hold for about 20 seconds. Repeat on other side.
- **Hip Stretch**—cross legs “guy style”. Push down gently on the bent knee, then lean forward slightly, keeping the back straight. This will stretch into the hip, and glute muscles. **Note:** For those with bad hips, hip replacements, or with less flexibility keep one leg straight, then place the foot of the opposite leg on the shin of the straight leg, keeping the top leg bent out to the side, and lean forward slightly.
- **Ankle Rolls**-- both directions
- **Shoulder Stretch**—bring one arm across the body. Place opposite arm underneath the first arm, bend the bottom arm and pull gently on the top arm.
- **Neck Stretch**—look down at the floor. While still looking at the floor turn head to one side. Hold for about 20 seconds, then repeat on opposite side.
- **Leg Stretches**—straighten both legs in front with feet still on the floor. Slide down the legs, reaching for the toes. Only go as far as you can go comfortably while keeping the back straight. Hold for about 20 seconds
- **Cross Legged Leg Stretches**—cross one leg over the other, with both legs straight in front and feet on the ground. Slide down the legs, reaching for the goes. Only go as far as you can go comfortably while keeping the back straight. Hold for about 20 seconds. Repeat with *opposite* leg on top.