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## SENIOR FITNESS CIRCUIT CLASS

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**5 MINUTES – WARM UP** WALK AROUND – HEAL JACKS – STEP TOUCH – HIGH KNEES

### 8 MINUTE CARDIO

Make a pattern to remember example: Walk up – Heal jack Walk back – heal jack

2 high knees – 2 step, 2 high knees – 2 steps

Rock step – 2 step, rock step – 2 steps

2 V steps – 4 jacks or heal jacks.

### 5 minutes – ball

10 – 15 X's Chest Press – elbows bent press ball toward center (Wrist straight)

10 – 15 X's Side Bends – Hold ball in R hand bend side reaching ball toward floor (change sides)

10 – 15 X's Plie' Squats – raise ball upward while squatting down

### 8 MINUTES – CARDIO (2)

SAME AS ABOVE PLUS ADD 1 NEW STEP – EXAMPLE; CHARLSTON, TAP N REACH SIDE, HAM CURLS, X STEP, SINGLE- SINGLE- DOUBLE,

### 5 MINUTES – TUBING/BAND

Lat Pull Downs – stand tall – feet wide

10 -15 X's Band over head – pull straight down in front of head and return to starting position.

(Harder) do with plie' squat

10 – 15 X's Bicep Curls

Stand on band – curl elbows – hands move up toward chest

(together or alternate)

10 – 15 X's Upper Back

Sit on edge of straight chair – legs extended out – band under arch of shoe.

Hold handles or band and pull arms straight back – squeeze shoulders down & in while pulling Band.

10 – 15 X's                      Triceps Curls

Hold tubing handle with R hand, shorten tubing and hold with other hand at chest. Press  
Down toward floor.

**8 MINUTES – CARDIO – (3)**

SAME AS ABOVE AND ADD 1 NEW STEP – EXAMPLE; Walk up and walk back, march 2 / triple, pony R,  
pony L, Quick feet, jump rope

**5 – MINUTES – WEIGHTS**

10 – 15 X's                      Shoulders

Front Raises & Side Raises

Hold wights in hands lift front then lift side (together or alternate)

10 – 15 X's                      legs

Modified Lunges

Hold to chair, weight in other hand, 1 leg in front, drop back knee toward floor, return to start

Do same exercise on other leg.

**NOTE; WATCH KNEES- DRIVE HEAL THROUGH FLOOR WHILE PUSHING UPWARD TO RETURN TO  
STARTING POSITION**

**5 – MINUTES                      COOL DOWN**

**Walk around , breath, sit & stretch**