

*****Senior Fitness Balance Class*****

NOTE; HOLD ONTO A CHAIR IF YOU NEEDED BREATH, TAKE BREAKS WHEN NEEDED

5 – MINUTES WARM-UP walk around, march in place, lift arms and legs, stretch

10-15 MINUTES STANDING

10 – 15 X's Stand on 1 foot while moving arms up / down and in/out (Moving Slowly)
You can hold a ball and move from hand to hand while working exercise

Stack Feet 1 foot in front of the other. Walker forward 5 steps/walk back 5 steps

5X's (hold Abs in and breath) (shoulders down in back) (breath)

10 – 15 MINUTES STANDING

10 – 12 X's Hold weights in hands Plie' squat

10 – 12 X's Should press while plie' squat

10 – 12 X's Chess Press while plie' squat

10 – 12X's Bicep Curls while plie' squat

10 – 12 X's Triceps Extensions while plie' squat

NOTE; IF TO MANY PLIE' SQUAT SKIP EVERYOTHER ONE OR ALL OF THEM

10 – 15 MINUTES SITTING IN STRAIGHT CHAIR

Place tubing under feet – cross band in front of knee, hold handles at hip level

10 – 12 X's Extend foot outward R / L working outer thighs

10 – 12 X's Keep knees bent- hold handles of band, bring elbows straight back, squeeze back

10 – 12 X's Same as above, but take elbow outward

10 – 12 X's Stand-ups / sit downs

10 -12 X's Stand – ups with bicep curls

5 MINUTES COOL DOWN walk around and stretch