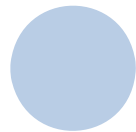
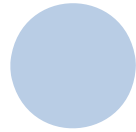


Community Exercise Manual



Community Exercise Manual



ABOUT THIS MANUAL

This manual serves one purpose: to *make healthy exercise possible for everyone*.

It provides exercisers and health promoters with tools, resources and support to guide safe, effective exercise programs with minimal equipment.

The manual contents integrate with the exercise programs listed in the Exercise Database of www.ontarionthemove.ca. All routines, forms and information can be downloaded, free of charge.

The program has been designed by CSEP-Certified Personal Trainers (CPT)[™] and CSEP-Certified Exercise Physiologists (CEP)[™] and emphasizes exercise safety. If you're guiding exercise, watch facial expressions of clients for signs of overexertion, continuously asking for feedback on how the exerciser feels. If anyone feels faint, or feels pain, stop the exercise immediately.

Disclaimer

This manual is intended as a guide only. Please encourage medical clearance before guiding anyone in a new exercise program. Some exercises will not be appropriate for all participants and should be modified at your discretion.

The Community Exercise Manual was developed with a grant from the Public Health Agency of Canada.

The views expressed herein do not necessarily represent the views of the Public Health Agency of Canada.



Black Creek Community
Health Centre



Public Health
Agency of Canada

Agence de la santé
publique du Canada

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Primary Authors

Noah Wayne, MSc, CSEP-Certified Exercise Physiologist™, PhD Candidate, School of Kinesiology and Health Science, York University. Exercise Education Program Coordinator, Black Creek Community Health Centre

Josefina Berroya, CSEP-Certified Personal Trainer™

Paul Ritvo, PhD, CPsych, Associate Professor, School of Kinesiology and Health Science, York University. Senior Scientist, Cancer Care Ontario.

Contributing Authors

Daniel Santa Mina, PhD, CSEP-Certified Exercise Physiologist™, Assistant Program Head, Kinesiology, University of Guelph-Humber.

Neil Gillman, BSc, R.KIN, CSEP-Certified Exercise Physiologist™, Black Creek Community Health Centre

Jean Fraser, BSc, R.KIN, CSEP-Certified Exercise Physiologist™, Black Creek Community Health Centre

Reviewers

Michelle Westin, BSc, Diabetes Program Manager, Black Creek Community Health Centre

Leslie Stefanyk, PhD, CSEP-Certified Exercise Physiologist™

Michael Coons, PhD, CPsych, Research Associate, York University

It is with great gratitude that we acknowledge the contributions of
Teresa Bhandal, Jesus David and Mercella Daniels.

HOW TO USE THIS MANUAL

Physical activity is necessary for health, prevention of disease and the reduction of disease burden. For individuals with chronic medical conditions, like diabetes, there are multiple benefits, such as increased fitness, decreased body fat, regulated blood glucose, decreased blood pressure, increased vitality and improved quality of life. The current science is clear about the benefits of exercise that Health Canada recommends a minimum 30 minutes of moderate physical activity during most days of the week, an achievable goal.

Generally, there are two kinds of exercise, cardio (also known as ‘cardiovascular’ or ‘aerobic’) and resistance (also known as ‘strength training’), and can be completed with no or minimal equipment.

This manual has been developed using fitness and behaviour change principles that will maximize enjoyment and health benefit. To track client progress and change the program if necessary, we have included tracking logs associated with each class agenda for clients to complete during the exercise session, as well as blank tracking logs that can be customize for individual needs.

This manual is comprised of six sections:

1. Introduction
2. Agendas
3. Cardio
4. Resistance
5. Stretching
6. Handouts

BREAKDOWN OF SECTIONS

Section 1: Introduction

This first section summarizes how to start an exercise program, focusing on equipment, safety considerations and the basics of physical activity.

Section 2: Agendas

The agendas can be used to teach predetermined sequences of exercise progression in a group. Agendas outline exercise routines of varying intensities and requirements. Each class has a mixture of dynamic and static stretches, cardio training and resistance training. Minimal equipment (e.g. resistance bands/tubes), or no equipment at all is required. Routines are organized from low to high intensity.

Each routine/class is separated into modules that vary in duration from 10-15 minutes each.

All classes have been recorded and are available for streaming at www.ontarioonthemove.ca

Section 3, 4, 5: Instructions for Cardio, Resistance and Stretching Exercises

These sections provide exercise leaders with detailed information and instruction for the exercises included in each class. All exercises are coded to make referencing between agendas and information sections easier. For example, Arm Swings found in the warm up section of the Agenda for Mixed Class #1 can be referenced by its associated code “C1” in the Cardio Instruction Section.

Some exercises are identified by a symbol representing exercises that can be done using a chair or resistance tubing.



Seated exercise



Resistance tubing exercise

Section 6: Exercise Handouts, Tracking Sheets and Information Sheets

Handouts are printable sheets with pictures that demonstrate exercises. Exercise tracking sheets can be used by exercisers to log their sets and repetitions for all of the exercises. Information sheets provide exercisers with additional information such as safety tips.

Handouts can also be downloaded from www.ontarioonthemove.ca

ontario  onthemove.ca

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SECTION 1: INTRODUCTION



EXERCISING SAFELY

Certain precautions must be taken for populations that are considered higher risk for adverse events during more intense exertion levels.

All exercisers should be encouraged to start slowly and gradually build their exercise volume and intensity.

Please ensure all exercisers have completed the following documents before participating in a new exercise program:

1. All enrolment and waiver forms for your organization
2. All necessary questions in the Physical Activity Readiness Questionnaire (PARQ) or Physical Activity Readiness Questionnaire-Plus (PARQ+) – www.csep.ca
3. Medical clearance from an appropriate healthcare provider when necessary

SAFETY TIPS FOR EXERCISERS

Safety is very important when training. Because each individual responds differently to aerobic and resistance training, safety precautions will depend on the specific activities selected.

Here is a list of safety guidelines that must be followed:

- **Train with a friend:** Training with a friend or partner can be useful for motivation, but it is important that someone be available to provide assistance if an injury occurs.
- **Train in a well-lit area:** Always train during the day or in a lighted facility. Most activities are difficult in the dark and darkness raises the risk of fall and injury.
- **Carry water:** Always carry (or have access to) water or drinks that replenish water lost through perspiration. It is important to drink fluids before, during and after exercise. Try to consume about 1-2 cups of water in the hour before you start exercise.
- **Inspect equipment before using it:** Make sure the equipment used is in good working order (e.g. bands are not torn). If you are securing resistance bands to a fixed object, ensure the object is stationary and will not move. Also, ensure the band is well secured.
- **Clean up:** Put your equipment away after use. Poorly placed equipment can cause someone to trip.

RHYTHMIC BREATHING

To prevent unnecessary and potentially dangerous increases in blood pressure, it's important to breathe rhythmically during training exercises. When engaging in resistance training, breathing out (exhaling) should occur during the 'work' phase of the exercise while breathing in (inhaling) should occur during the 'relaxing' phase of the exercise. Proper breathing follows a simple 4-count pattern: lift –“exhale 1-2”, lower- “inhale 1-2”. Never hold your breath since this can cause a sudden rise in blood pressure.

WATCH POINTS



Do

- Exhale and inhale rhythmically
- Keep a neutral spine
- Keep your joints slightly bent



Do Not

- Hold your breath
- Round the upper back
- Lock your joints

PROGRESSIONS OF INTENSITY

As individuals practice various exercises, their bodies adapt. As their cardiovascular profile improves and strength is gained, exercisers will require higher intensity exercises to maintain interest and optimize benefits. Although sedentary people should begin slowly, gradual progression to more intensive exercise is recommended.

Higher intensity can be achieved by:

- Integrating faster and larger movements for cardio exercises
- Increasing repetitions or utilizing more resistance
- Slowing movements during resistance training



WHEN TO STOP EXERCISING

It is important to be aware of the signs and symptoms of when to stop exercising. The following information is important, especially if exercisers have a history or risk factors for cardiovascular disease.

Chest pain or discomfort – Uncomfortable feeling of pressure, pain, squeezing, or heaviness, which may occur:

- In the centre of the chest
- Throughout the front of the chest
- In the shoulders, arms, neck, jaw or back

Other symptoms may include:

- Unusual shortness of breath
- Sweating
- Light-headedness
- Feeling sick to your stomach

What to do:

Stop and rest

If the exerciser is alone and symptoms do not go away after 2-4 minutes, instruct exercisers to call 911.

If it does go away, but returns each time they exercise, instruct them to see their doctor. These may or may not be signs of something more serious.

Also watch for:

- Unusual foot pain or numbness
- Severe muscle soreness
- Joint pain or swelling
- Blisters, ulcers, redness or tenderness
- Unexpected response in Blood Pressure or Heart Rate



COMPONENTS OF AN EXERCISE ROUTINE

WARM-UP AND COOL-DOWN

Warm-up and cool-downs are an essential part of any session. The warm-up, which precedes the conditioning phase, should include 5-10 minutes of light stretching and callisthenic exercises (i.e. walking/jogging on the spot, arm circles) incorporating the parts of your body being trained during the exercise session. The warm-up increases blood flow to the working muscles and prepares your muscles and joints for activity. The cool-down follows immediately after a workout and reduces the risk of cardiovascular complications caused by stopping exercise too suddenly.

Cool-downs include exercising at a low intensity for 5-10 minutes to allow your heart rate and blood pressure to return to pre-workout levels. Stretching can be incorporated into your warm-up and cool-down phases to maintain and improve flexibility and prevent muscle cramps and muscle soreness.

CARDIO/AEROBIC EXERCISE

Your heart and vascular system deliver oxygen and nutrients to working tissue. Aerobic exercise, also known as 'cardio', improves stamina and endurance, which is the ability to repeatedly use muscles over long durations, such as during running and dancing, and usually refers to moderately intense activity that raises your heart rate to around 70% of your maximum rate.

Aerobic exercise is key to maintaining a healthy heart and lungs. Cardio fitness reduces risk of, and helps manage many chronic diseases, such as heart disease and diabetes, and has demonstrated positive effects in cancer patients undergoing treatment. Benefits of this kind of training include greater energy levels during and after activities, decreases in cholesterol, decreases in blood pressure, increases in insulin sensitivity, better sleep, and weight loss. With less endurance, your muscles tire easier, resulting in fatigue and discomfort or pain.

RESISTANCE/STRENGTH TRAINING

Resistance training is a popular method of building strong, healthy muscles that are needed to perform many of the activities of daily living, important to maintain strength, balance and helps ensure healthy aging. The benefits of resistance training include increased strength, increased balance, increased insulin sensitivity, and decreased chance of injury from falls.

This manual will provide you with information on how to perform a number of resistance exercises in safe and effective ways, at a number of intensity and functional levels.

STRETCHING

Stretching is an important part of any exercise routine. Stretching not only increase the range of motion around the joints but also helps increase the ease of our daily activities, such as reaching above one's head or tying your shoe laces. Flexibility is important also to decrease the risk of suffering injury during and after exercise.

FITT PRINCIPLE

The approach in this manual was designed with the intention that trainers will guide their clients focus on *Frequency, Intensity, Time, and Type*. It can be used to develop appropriate guidelines for all three types of exercise training: aerobic, resistance and flexibility.

F Frequency

Frequency refers to how often one should exercise. It is important to be exercising enough to provide the body proper amounts of healthy physical stress for the body to adapt. It is equally important to allow enough rest time for healing and adaptation to occur.

I Intensity

Intensity is how hard you exercise. In aerobic exercise, it is usually measured by your heart rate response to exercise. For most people, a moderate intensity is recommended, somewhere between 50-70% of the maximum heart rate. Fitness testing may be required for some exercisers to determine an appropriate heart rate zone.

In resistance training, the intensity usually refers to a combination of the weight being lifted and the number of repetitions you can do at one time.

T Time

Time refers to the duration spent doing exercises during each session. The set agendas in this manual take between 30-50min to complete, but exercisers can be encouraged to participate in modified routines at various durations in length.

T Type

Type refers to the kind of exercise you choose. For example, brisk walking or jogging, lifting weights or using resistance tubing. It will be important for exercisers to find the types of exercise that are most appealing and most appropriate for their fitness level.

USING RESISTANCE TUBING

CHOOSING A RESISTANCE LEVEL

It is important that the exercisers continue to challenge themselves while performing resistance exercises. To do this, make sure that the resistance tubing is taut before performing the exercise so that resistance is present throughout the entire range of motion of the exercise. To increase the resistance level, shorten the distance between the hand and the anchor point of the band, to decrease the resistance level, hold the tubing farther away from the anchor point.



Using Resistance Tubing

- Always inspect your equipment before use
- Always perform an equal number of repetitions on each side of the body
- Perform each exercise through the full range of motion of the joint
- Use slow, controlled movements
- Be sure to exhale during the work phase of the exercise and inhale during the relaxing phase

Body Alignment

- Keep the weight of the body evenly distributed over both your feet
- Keep your joints 'soft' or slightly bent, never locked
- Keep your chest open, allowing the shoulders to fall back and down
- Keep the torso stabilized by pulling your navel in towards your spine
- Your head and neck should be aligned with your spine in a neutral position
- Keep your wrists neutral while performing exercises

Do



- Make sure that the tubing is not ripped
- Ensure that the tubing is secured to the attachment (e.g. under your feet or attached to a door attachment)
- Clean tubing with a soft cloth and warm, soapy water and let dry before using (lay flat to dry)
- Perform exercises slowly and in a controlled manner to prevent tubing from 'snapping' back at you

Do Not



- Use the tubing with any sharp objects: this increases the risk of tearing
- Point the tubing toward the face in case of unintended slipping of the tube
- Overstretch the tubing: never pull them more than three times their resting length
- Keep your tubing in direct sunlight or heat
- Leave them in an area where they could be tripped over

MONITORING INTENSITY

HEART RATE

If a heart rate monitor is unavailable, teach clients how to take their heart rate manually. The two most common places to do so are the carotid artery and the radial artery.

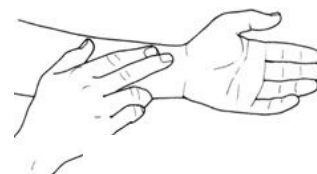
Instructions for Carotid Pulse Check:

The carotid artery is in your neck. You can find it just below your jaw and on either side of your windpipe. Take your index and middle finger and align them right under your earlobe, then slide them down the jaw line until you hit the windpipe. Feel next to the windpipe until you feel a pulsing. Use the flat parts of your fingers rather than the finger tips.



Instructions for Radial Pulse Check:

The radial artery is in your wrist just below where your thumb meets your arm. Place your index and middle finger on top of the bone of the wrist in line with the top of the thumb, then slide your fingers toward the underside of your wrist, stopping in the first groove. Feel in this area until you find the steady beat.



When you find your pulse, count the number of beats you feel within a fifteen second period. Multiply the number of beats you feel in fifteen seconds by 4 to get your heart rate in beats per minute (bpm).

Encourage clients to self-monitor their heart rate throughout their exercise session.

TALK TEST

How hard someone is working can also be determined by whether or not they can carry on a conversation during exercise. If they are too out of breath to talk, it may be that they are working too hard. But if they can carry on a full conversation during the class, perhaps they could be working a bit harder.

RATING PERCEIVED EXERTION

Monitoring client's Rate of Perceived Exertion (RPE) is an excellent way to monitor their exercise intensity throughout their routine. RPE can be measured on a scale of 0 to 10 with 0 being no exertion at all, and 10 being a maximal effort. It is important to remember that although clients may start breathing heavier during exercise, they should never feel "out of breath".

Rating of Perceived Exertion

0	No exertion (<i>resting, sitting</i>)
1	Very light (<i>little or no fatigue</i>)
2	Fairly light
3	Moderate (<i>comfortable, slightly elevated breathing</i>)
4	Somewhat hard (<i>breathing deeper, light perspiration</i>)
5	Hard (<i>breathing deeply at a comfortable level, general fatigue, perspiration</i>)
6	
7	Very hard (<i>definite fatigue, breathing hard, heavy perspiration</i>)
8	
9	Extremely hard (<i>extremely vigorous, cannot maintain for long</i>)
10	Maximal exertion

Source: Borg G.A. Psychophysical bases of perceived exertion. *Medicine and Science in Sports and Exercise*. 1982; 14:377-381.

MOTIVATION AND GOAL SETTING

MOTIVATION

Adopting a healthy, new behaviour can be challenging for many clients. Clients often have valid concerns, whether regarding time, convenience, or even knowledge that conflict with their desire to change. However, the practitioner can effectively guide clients to discover their own motivations for change by taking a strategic approach. Throughout the process, the client is allowed to work through his or her ambivalence within a practitioner-client relationship that is collaborative, evocative and always honoring the client's autonomy.

The **Motivation and Goal Setting** (MaGS) worksheet is a tool intended to facilitate discussion and implementation of healthy behaviours by:

- Exploring the importance of change and confidence
- Verbalizing client perspective of the current and new behaviours
- Identifying barriers to change and possible solutions
- Defining activities in which the client can engage or goal setting

Working through these items in collaboration with the client allows the practitioner to determine exactly how he or she can best provide individualized support.

Depending on how important a client considers change to be, it may be best for the practitioner to focus on helping the client see greater value in how the new behaviour can improve their health. Similarly, if a client expresses low confidence in their ability to change, the practitioner can assist in developing more confidence. Evaluating clients' readiness to change on the basis of importance and confidence prompts the practitioner to ask evocative, open-ended questions about appropriate next steps that can be taken.

Exploring clients' ambivalence also involves considering their interpretation of the pros and cons of the current and new behaviour. Emphasis is placed on advantages of the new behaviour in order to facilitate the transition from resistant to change talk. When undertaking any type of behaviour change, challenges are expected as they are a normal part of the process. Instead of trying to avoid barriers, the practitioners and client should anticipate obstacles and brainstorm ways to overcome them.

As client ambivalence is explored, it may be appropriate to move on to setting goals or clearly defined activities in which the client can engage as he or she transitions to incorporate more regularly schedule exercise sessions into their lives.

For a useful tool to determine readiness for change, *please refer to **Worksheet #1 - Motivation** on **page 76** in the Handouts Section.*

S.M.A.R.T. GOALS

S.M.A.R.T. Goals can be used to help practitioners and clients develop a plan of action in both fostering behaviors and achieving goals in an organized fashion.

S.M.A.R.T. is an acronym that stands for:

S	Specific
M	Measurable
A	Attainable
R	Realistic
T	Timely

SPECIFIC

Goals should be specific. This will help the client have a clear understanding of what they are attempting and what constitutes being successful in achieving the goal. Vague goals, on the other hand, might overwhelm and confuse clients.

Example: “I want to walk two times this week” **VS.** **Vague:** “I want to exercise more”

MEASURABLE

Goals should be easily measurable. This helps the client better realize progress as it occurs, and plan subsequent goals in a progressive manner. Specifying the measurable parameters of a particular goal will allow them to actually gauge if and when the goal is accomplished.

Example: “I would like to be able to complete a 40 minutes workout”

ATTAINABLE

Goals should be easily realized and reachable. Small, progressive steps that lead to the desired overall long term goal are ideal. If the goal is more easily able to be attained, then the client will be able to celebrate their successes more frequently, which can be more motivational.

Example: “I would like to be able to average 1000 steps/day more than I currently do by this time next week”

REALISTIC

Any desired goal should be realistic for the particular situation of a client. For example, a goal of being able to run a marathon for a sedentary, overweight middle aged client with severe osteoarthritis in one knee within a month may not be realistic. Setting goals that are unrealistic only serve to increase the likelihood of failure. It is important to assess and consider each client’s particular situation before goal-setting to ensure they have the highest chance of achieving them.

Example: “I wish to participate in a 5km walk by the end of the summer”

TIMELY

Any S.M.A.R.T. goal should incorporate a schedule or timeline to go along with the goal itself. This way, the client will have a clear deadline for the things which need to be accomplished, and have a time point at which to evaluate the goal progress.

Example: *“I want to be able to run a 2.5km in 40 minutes by this time next month”*

SECTION 2: AGENDAS



EXERCISE AGENDAS

ABOUT AGENDAS

These agendas were created to assist instructors to lead group exercise classes using modules to make classes easier to follow.

TYPES OF AGENDAS

1. **Mixed** – Routines designed with all the components of exercise
2. **Cardio** – Shorter routines for those who want increase stamina and endurance
3. **Circuit** – A higher intensity class that combines intervals of cardio and resistance exercises

AGENDA SET UP

1. **Class Length**
 - These are to provide instructors with an approximation for the length of the class
 - Class length depends on instructor's experience, class size and exercisers experience, as well as any preliminary measures that must be done prior to class (if necessary)
2. **Water Break**
 - These are intended to give exercisers a rest from exercising and allow them to replenish any water loss during class

COMPONENTS OF EXERCISE

1. **Dynamic Stretches**
 - **Purpose:** To actively stretch your muscles and prepare your joints and muscles for the exercise to follow
 - **Watch Points:** Ensure movements are performed in a smooth and controlled manner
 - **Design:** Stretch all the major muscles and joints that will be used during the routine – allowing stretches to flow (i.e. sitting to standing)
2. **Warm Up**
 - **Purpose:** To prepare the body for the physical exertion to follow
 - **Design:** Approximately 5-10 minutes long, going from low to moderate intensity by gradually increasing intensity
3. **Resistance Exercise**
 - **Purpose:** To increase overall musculoskeletal strength to help make daily activities easier and to decrease the risks of getting osteoporosis

- **Watch Points:** Exhaling during the ‘work phase’ of the exercise and keeping joints soft (never locked out)
- **Design:** Approximately 8-10 exercises, working from larger muscle groups to smaller ones - allowing stretches to flow (i.e. sitting to standing)
Note: *The exercises in the resistance section have been ordered from larger muscle groups to smaller ones to make creating an exercise routine easier for instructors*

4. Cool Down

- **Purpose:** To return the body to its resting conditions and prepare the muscles for the stretching phase
- **Design:** Approximately 5-10 minutes long, focusing on lower intensity exercises and smaller movements

5. Static Stretches

- **Purpose:** To stretch the major muscles worked during the routine and promote recovery
- **Watch Points:** Ensure stretches are **held** and that exercisers are not using jerky movements
- **Design:** Stretch all the major muscles and joints that will be used during the routine – allowing stretches to flow (i.e. sitting to standing)

TEACHING AN EXERCISE CLASS

1. State exercise name before demonstrating exercise to participants
2. ***Tip:*** Demonstrate exercise without using the resistance tubing to familiarize exercisers with movement
3. Always provide exercisers with options (modifications/adaptations) for each exercise (i.e. alternating arms, one arm at a time)
4. Provide instructions for proper form and technique – always reminding exercisers to breathe and reminding them not to hold their breath during exercise
5. ***Tip:*** If an exerciser is having a difficult time with breathing, ask them to count the number of repetitions while they perform the exercise
6. State the muscle(s) being worked and point to muscle(s) being worked for those who need visual cues
7. ***Tip:*** Restate muscle(s) being worked into simpler terms by saying ‘front of arm’ rather than ‘biceps’
8. Use easy to understand words when providing cues (i.e. ‘breath in’ rather than ‘inhale’ and ‘breath out’ rather than ‘exhale’)
9. Provide praise and motivation throughout the exercise routine
10. Continuously ask exercisers how they feel during and after a given exercise in order to ascertain their exertion level so you can offer suggestions on how to modify the exercise to make it more appropriate for their personal level
11. Try to relate the exercise to an everyday activity (i.e. by strengthening your biceps it will help you carry your groceries)

Module 1 10 Minutes	Dynamic Stretches		3 Minutes
	Shoulder Rolls (S2a) Trunk Rotations (S3a) Forward and Back Leg Swings (S6a) Ankle Rolls (S5) Wrist Rotations (S4) Head Nods (S1a)		Perform each stretch for 30 seconds.
	Warm Up		5 Minutes
Module 2 10 Minutes	Arm Swings (C1) March (C5) V Step (C7) Step Touch (C6) Punches (C2)		Perform each exercise for 30 seconds and repeat.
	1 Minute Water Break		
	Bodyweight Exercises		8 Minutes
Module 3 10 Minutes	Abdominal Draw In (R30) Squats (With Chair) (R10a) Calf Raise – Alternating (R2) Chest Press (R18a) Shoulder Rotations (R25a) Triceps Extension (29a) Biceps Curls (R27a) Bodyweight Shifts (Side to Side) (R1a)		Perform each exercise for 30 seconds and repeat.
	1 Minute Water Break		
	Cool Down		5 Minutes
Module 3 10 Minutes	Arm Swings (C1) Walk On The Spot (C8) Toe Tap and Pull (C14a) Punches (C2) V Step (C7)		Perform each exercise for 30 seconds and repeat.
	Static Stretches		3 Minutes
	Neck (S11) Shoulder (S13) Triceps (Hand on Arm) (S14a) Chest (S8) Fingers and Wrist (S9) Quadriceps (S18)		Hold each stretch for 30 seconds.

EXERCISE CLASS #2 – MIXED
(30 MINUTES)

Module 1 10 Minutes	Dynamic Stretches		3 Minutes
	Shoulder Rolls (S2a) Wrist Rotations (S4) Trunk Rotations (S3a) Forward and Back Leg Swings (S6a) Ankle Rolls (S5) Head Turns (S1b)		Perform each stretch for 30 seconds.
	Warm Up		
	March (C5) Step Touch (C6) Grapevine (C15) Punches (C2) Speed Bag (C3)		Perform each exercise for 30 seconds and repeat.
	1 Minute Water Break		
	Module 2 10 Minutes	Bodyweight Exercises	
Abdominal Draw In (R30) Squats (With Chair) (R10a) Hamstring Curls (R3) Lateral to Front Raise (R22a)		Perform each exercise for 30 seconds. Take a water break and repeat.	
Resistance Tubing Exercises			
Archer Pulls (R12) Chest Fly (R17) Triceps Extension (R29b) Biceps Curls (R27b)			
1 Minute Water Break			
Module 3 10 Minutes		Cool Down	
	Arm Swings (C1) Walk On The Spot (C8) V Step (C7) Toe Tap and Pull (C14a) Punches (C2)		Perform each exercise for 30 seconds and repeat.
	Static Stretches		
	Shoulder (S13) Triceps (Hand on Arm) (S14a) Biceps (S7) Chest (S8) Upper Back (S15) Quadriceps (S18)		Hold each stretch for 30 seconds.

EXERCISE CLASS #3 – MIXED
(40 MINUTES)

Module 1 10 Minutes	Dynamic Stretches	3 Minutes
	Shoulder Circles (S2b) Trunk Rotations (S3a) Forward and Back Leg Swings (S6a) Side Leg Swings (S6b) Ankle Rolls (S5) Head Turns (S1b)	Perform each stretch for 30 seconds.
	Warm Up	5 Minutes
Module 2 10 Minutes	March (C5) V Step (C7) Grapevine (C15) Alternating Hamstring Curls (C9) Jumping Jacks (Modified) (C11a)	Perform each exercise for 30 seconds and repeat.
	1 Minute Water Break	
	Bodyweight Exercises	7.5 Minutes
Module 3 10 Minutes	Squats (R10b) Calf Raise (R2) Shoulder Rotations (R25a) Single Leg Kickback (R8a) Standing Oblique Twist (R33a)	Perform each exercise for 45 seconds and repeat.
	1 Minute Water Break	
	Resistance Tubing Exercises	7.5 Minutes
Module 4 10 Minutes	Two Hand Pulls (R16) Chest Fly (R17) Lateral Raise (R21) Triceps Extension (R29b) Biceps Curls (R27b)	Perform each exercise for 45 seconds and repeat.
	1 Minute Water Break	
	Cool Down	5 Minutes
Module 4 10 Minutes	March (C5) V Step (C7) Step Touch (C6) Grapevine (C15) Toe Tap and Pull (C14a)	Perform each exercise for 30 seconds and repeat.
	Static Stretches	3 Minutes
	Shoulder (S13) Triceps (Hand on Arm) (S14a) Upper Back (S15) Chest (S8) Oblique (S12) Quadriceps (S18)	Hold each stretch for 30 seconds.

EXERCISE CLASS #4 – MIXED
(40 MINUTES)

Module 1 10 Minutes	Dynamic Stretches	3 Minutes
	Shoulder Circles (S2b) Alternating Toe Touch (S3b) Side Leg Swings (S6b) Ankle Rolls (S5) Head Rolls (S1c) Wrist Rotations (S4)	Perform each stretch for 30 seconds.
	Warm Up	5 Minutes
Module 2 10 Minutes	Speed Bag (C3) Heel Digs (C16a) Alternating Hamstring Curls (C9) Grapevine (C15) Jumping Jacks (Modified) (C11a)	Perform each exercise for 30 seconds and repeat.
	1 Minute Water Break	
	Bodyweight Exercises	7.5 Minutes
Module 3 10 Minutes	Squats with Invisible Box Lift (R10c) Single Leg Lift (R9) Calf Raise (R2) Abdominal Crunch (R31) Back Extension (R13)	Perform each exercise for 45 seconds and repeat.
	1 Minute Water Break	
	Resistance Tubing Exercises	7.5 Minutes
Module 4 10 Minutes	Two Hand Pulls (R16) Chest Press (R18b) Front Raise (R20) Triceps Extension (R29b) Hammer Curls (R28)	Perform each exercise for 45 seconds and repeat.
	1 Minute Water Break	
	Cool Down	5 Minutes
Module 4 10 Minutes	March (C5) Step Touch (C6) Grapevine (C15) Punches (C2) Upper Cut (C4)	Perform each exercise for 30 seconds and repeat.
	Static Stretches	3 Minutes
	Shoulder (S13) Triceps (Hand on Elbow) (S14b) Biceps (S7) Upper Back (S15) Quadriceps (S18) Hamstrings (S17)	Hold each stretch for 30 seconds.

Module 1 10 Minutes	Dynamic Stretches	3 Minutes
	Shoulder Circles (S2b) Alternating Toe Touch (S3b) Forward and Back Leg Swings (S6a) Side Leg Swings (S6b) Ankle Rolls (S5) Head Rolls (S1c)	Perform each stretch for 30 seconds.
	Warm Up	5 Minutes
Module 2 12 Minutes	Upper Cut (C4) Alternating Hamstring Curls (C9) Grapevine (C15) Invisible Jump Rope (C10) Jumping Jacks (C11b)	Perform each exercise for 30 seconds and repeat.
	1 Minute Water Break	
	Bodyweight Exercises	10 Minutes
Module 3 12 Minutes	Lunges (Chair Support) (R6a) Single Leg Kickback with Front Reach (R8b) Hamstring Curls (R3) Abdominal Crunch (R31) Woodchoppers (R35)	Perform each exercise for 60 seconds and repeat.
	1 Minute Water Break	
	Resistance Tubing Exercises	10 Minutes
Module 4 10 Minutes	Bent Over Row (R14) Chest Press (R18b) Overhead Shoulder Press (R23) Above Head Triceps Extension (R29c) Arm Circles (R26)	Perform each exercise for 60 seconds and repeat.
	1 Minute Water Break	
	Cool Down	5 Minutes
Module 4 10 Minutes	March (C5) V Step (C7) Grapevine (C15) Toe Tap and Pull (C14a) Side Tap and Reach (C13)	Perform each exercise for 30 seconds and repeat.
	Static Stretches	3 Minutes
	Shoulder (S13) Triceps (Hand on Elbow) (S14b) Upper Back (S15) Chest (S8) Quadriceps (S18) Calf (S16)	Hold each stretch for 30 seconds.

Module 1 10 Minutes	Dynamic Stretches		3 Minutes
	Shoulder Circles (S2b) Alternating Toe Touch (S3b) Forward and Back Leg Swings (S6a) Side Leg Swings (S6b) Head Rolls (S1c) Ankle Rolls (S5)		Perform each stretch for 30 seconds.
	Warm Up		5 Minutes
Module 2 12 Minutes	Side Tap and Reach (C13) Jumping Jacks (C11b) Heel Digs with Arm Circles (C16b) Knee Strike (C12) Side Kick (C17)		Perform each exercise for 30 seconds and repeat.
	1 Minute Water Break		
	Bodyweight Exercises		10 Minutes
Module 3 12 Minutes	Lunges (R6b) Calf Raise (R2) Back Extension (R13) Abdominal Crunch (R31) Seated Oblique Twist (R33b)		Perform each exercise for 60 seconds and repeat.
	1 Minute Water Break		
	Resistance Tubing Exercises		10 Minutes
Module 4 10 Minutes	Bent Over Row (R14) Chest Press (R18b) Lateral to Front Raise (R22b) Above Head Triceps Extension (R29c) Arm Circles (R26)		Perform each exercise for 60 seconds and repeat.
	1 Minute Water Break		
	Cool Down		5 Minutes
Module 4 10 Minutes	March (C5) Alternating Hamstring Curls (C9) Grapevine (C15) Upper Cut (C4) Side Tap and Reach (C13)		Perform each exercise for 30 seconds and repeat.
	Static Stretches		3 Minutes
	Shoulder (S13) Triceps (Hand on Elbow) (S14b) Upper Back (S15) Hamstrings (S17) Quadriceps (S18) Calf (S16)		Hold each stretch for 30 seconds.

Module 1 5 Minutes	Dynamic Stretches	3 Minutes
	Shoulder Rolls (S2a) Trunk Rotations (S3a) Forward and Back Leg Swings (S6a) Ankle Rolls (S5) Wrist Rotations (S4) Head Nods (S1a)	Perform each stretch for 30 seconds.
1 Minute Water Break		
Module 2 6 Minutes	Cardiovascular Exercises	5 Minutes
	Arm Swings (C1) March (C5) V Step (C7) Toe Tap and Pull (C14a) Speed Bag (C3)	Perform each exercise for 30 seconds and repeat.
1 Minute Water Break		
Module 3 6 Minutes	Cardiovascular Exercises	5 Minutes
	Step Touch (C6) Grapevine (C15) Alternating Hamstring Curls (C9) Punches (C2) Upper Cut (C4)	Perform each exercise for 30 seconds and repeat.
1 Minute Water Break		
Module 4 5 Minutes	Static Stretches	3 Minutes
	Shoulder (S13) Chest (S8) Upper Back (S15) Hamstrings (S17) Quadriceps (S18) Calf (S16)	Hold each stretch for 30 seconds.

Module 1 5 Minutes	Dynamic Stretches	3 Minutes
	Shoulder Circles (S2b) Alternating Toe Touch (S3b) Forward and Back Leg Swings (S6a) Side Leg Swings (S6b) Ankle Rolls (S5) Head Rolls (S1c)	Perform each stretch for 30 seconds.
1 Minute Water Break		
Module 2 6 Minutes	Cardiovascular Exercises	5 Minutes
	March (C5) V Step (C7) Step Touch (C6) Side Tap and Reach (C13) Alternating Hamstring Curls (C9)	Perform each exercise for 30 seconds and repeat.
1 Minute Water Break		
Module 3 6 Minutes	Cardiovascular Exercises	5 Minutes
	Invisible Jump Rope (C10) Heel Digs (C16a) Jumping Jacks (C11b) Punches (C2) Knee Strike (C12)	Perform each exercise for 30 seconds and repeat.
1 Minute Water Break		
Module 3 5 Minutes	Static Stretches	3 Minutes
	Shoulder (S13) Chest (S8) Upper Back (S15) Hamstrings (S17) Quadriceps (S18) Calf (S16)	Hold each stretch for 30 seconds.

EXERCISE CLASS #9 – CIRCUIT
(35 MINUTES)

Module 1 10 Minutes	Dynamic Stretches		2 Minutes
	Shoulder Circles (S2b) Alternating Toe Touch (S3b) Forward and Back Leg Swings (S6a) Ankle Rolls (S5)		Perform each stretch for 30 seconds.
	Cardio		3 Minutes
	Side Tap and Reach (C13) Invisible Jump Rope (C10) Punches (C2)		Perform each exercise for 60 seconds.
	Bodyweight Exercises		3 Minutes
	Squats (R10b) Hamstring Curls (R3) Standing Oblique Twist (R33a)		Perform each exercise for 60 seconds.
1 Minute Water Break			
Module 2 8 Minutes	Cardio		3 Minutes
	Side Tap and Reach (C13) Invisible Jump Rope (C10) Punches (C2)		Perform each exercise for 60 seconds.
	Resistance Tubing Exercises		3 Minutes
	Two Hand Pulls (R16) Chest Fly (R17) Shoulder Rotations (R25b)		Perform each exercise for 60 seconds.
1 Minute Water Break			
Module 3 8 Minutes	Cardio		3 Minutes
	Side Tap and Reach (C13) Invisible Jump Rope (C10) Punches (C2)		Perform each exercise for 60 seconds.
	Resistance Tubing Exercises		3 Minutes
	Overhead Shoulder Press (R23) Above Head Triceps Extension (R29c) Hammer Curls (R28)		Perform each exercise for 60 seconds.
1 Minute Water Break			
Module 4 8 Minutes	Cool Down		4 Minutes
	March (C5) V Step (C7) Alternating Hamstring Curls (C9) Toe Tap and Pull (C14a)		Perform each exercise for 30 seconds and repeat.
	Static Stretches		3 Minutes
	Shoulder (S13) Triceps (Hand on Elbow) (S14b) Upper Back (S15) Chest (S8) Quadriceps (S18) Hamstrings (S17)		Hold each stretch for 30 seconds.

EXERCISE CLASS #10 – CIRCUIT

(35 MINUTES)

Module 1 10 Minutes	Dynamic Stretches		2 Minutes
	Shoulder Circles (S2b) Alternating Toe Touch (S3b) Forward and Back Leg Swings (S6a) Ankle Rolls (S5)		Perform each stretch for 30 seconds.
	Cardio		3 Minutes
	Upper Cut (C4) Knee Strike (C12) Side Kick (C17)		Perform each exercise for 60 seconds.
	Bodyweight Exercises		3 Minutes
Module 2 8 Minutes	Back Extension (R13) Abdominal Crunch (R31) Lunges (R6b)		Perform each exercise for 60 seconds.
	1 Minute Water Break		
	Cardio		3 Minutes
	Upper Cut (C4) Knee Strike (C12) Side Kick (C17)		Perform each exercise for 60 seconds.
	Resistance Tubing Exercises		3 Minutes
Module 3 8 Minutes	Bent Over Row (R14) Chest Press (R18b) Archer Pulls (R12)		Perform each exercise for 60 seconds.
	1 Minute Water Break		
	Cardio		3 Minutes
	Upper Cut (C4) Knee Strike (C12) Side Kick (C17)		Perform each exercise for 60 seconds.
	Resistance Tubing Exercises		3 Minutes
Module 4 8 Minutes	Lateral to Front Raise (R22b) Above Head Triceps Extension (R29c) Arm Circles (R26)		Perform each exercise for 60 seconds.
	1 Minute Water Break		
	Cool Down		4 Minutes
	March (C5) V Step (C7) Alternating Hamstring Curls (C9) Toe Tap and Pull (C14a)		Perform each exercise for 30 seconds and repeat.
	Static Stretches		3 Minutes
	Shoulder (S13) Triceps (Hand on Elbow) (S14b) Upper Back (S15) Chest (S8) Quadriceps (S18) Hamstrings (S17)		Hold each stretch for 30 seconds.

Module 1 10 Minutes	Dynamic Stretches		2.5 Minutes
	Shoulder Rolls (S2a) Trunk Rotations (S3a) Ankle Rolls (S5) Wrist Rotations (S4) Head Nods (S1a)		Perform each stretch for 30 seconds.
	Warm Up		
	Arm Swings (C1) March (C5) V Step (C7) Heel Digs (C16a) Speed Bag (C3)		5 Minutes
1 Minute Water Break			
Module 2 10 Minutes	Bodyweight Exercises		8 Minutes
	Abdominal Draw In (R30) Side Pulls (R34) Calf Raise – Alternating (R2) Toe Lifts (R11) Chest Squeeze (R19) Triceps Extension (R29a) Biceps Curls (R27a) Leg Extension (R4a)		Perform each exercise for 30 seconds and repeat.
1 Minute Water Break			
Module 3 10 Minutes	Cool Down		5 Minutes
	Arm Swings (C1) Crisscross Arms (C20) March (C5) V Step (C7) Speed Bag (C3)		Perform each exercise for 30 seconds and repeat.
	Static Stretches		3 Minutes
Neck (S11) Shoulder (S13) Upper Back (S15) Chest (S8) Triceps (Hand on Arm) (S14a) Fingers and Wrists (S9)		Hold each stretch for 30 seconds.	

Module 1 10 Minutes	Dynamic Stretches	2.5 Minutes
	Shoulder Circles (S2b) Wrist Rotations (S4) Trunk Rotations (S3a) Ankle Rolls (S5) Head Turns (S1b)	Perform each stretch for 30 seconds.
	Warm Up	5 Minutes
Module 2 10 Minutes	Crisscross Arms (C20) March at Fast Pace (C5) Heel Digs (C16a) Rowing (C21) Punches (C2)	Perform each exercise for 30 seconds and repeat.
	1 Minute Water Break	
	Bodyweight Exercises	7.5 Minutes
Module 3 10 Minutes	Abdominal Draw In (R30) Chest Press (R18a) Lateral to Front Raise (R22a) Woodchoppers (R35) Back Extension (R13)	Perform each exercise for 45 seconds and repeat.
	1 Minute Water Break	
	Resistance Tubing Exercises	7.5 Minutes
Module 4 10 Minutes	Leg Extension (R4b) Archer Pulls (R12) Paddling (R24) Triceps Extension (R29b) Biceps Curls (R27b)	Perform each exercise for 45 seconds and repeat.
	1 Minute Water Break	
	Cool Down	5 Minutes
Module 4 10 Minutes	Arm Swings (C1) March (C5) V Step (C7) Chest Press with Leg Extension (C19) Crisscross Arms (C20)	Perform each exercise for 30 seconds and repeat.
	Static Stretches	3 Minutes
	Neck (S11) Shoulder (S13) Upper Back (S15) Triceps (Hand on Elbow) (S14b) Fingers and Wrists (S9) Low Back (S10)	Hold each stretch for 30 seconds.

EXERCISE CLASS #13 – SEATED MIXED
(45 MINUTES)

Module 1 10 Minutes	Dynamic Stretches	3 Minutes
	Shoulder Rolls (S2a) Trunk Rotations (S3a) Wrist Rotations (S4) Ankle Rolls (S5) Head Rolls (S1c)	Perform each stretch for 30 seconds.
	Warm Up	5 Minutes
Module 2 12 Minutes	Chest Press with Leg Extension (C19) Seated Jump Rope (C22) Side Tap and Reach (C13) Jumping Jacks (Modified) (C11a) Bicycle Kicks (C18)	Perform each exercise for 30 seconds and repeat.
	1 Minute Water Break	
	Bodyweight Exercises	10 Minutes
Module 3 12 Minutes	Calf Raise (R2) Lateral to Front Raise (R22a) Back Extension (R13) Abdominal Crunch (R31) Seated Oblique Twist (R33b)	Perform each exercise for 60 seconds and repeat.
	1 Minute Water Break	
	Resistance Tubing Exercises	10 Minutes
Module 4 10 Minutes	Leg Press (R5) Seated Row (R15) Chest Fly (R17) Triceps Extension (R29b) Biceps Curls (R27b)	Perform each exercise for 60 seconds and repeat.
	1 Minute Water Break	
	Cool Down	5 Minutes
Module 4 10 Minutes	Arm Swings (C1) March (C5) V Step (C7) Side Tap and Reach (C13) Punches (C2)	Perform each exercise for 30 seconds and repeat.
	Static Stretches	3 Minutes
	Neck (S11) Shoulder (S13) Upper Back (S15) Triceps (Hand on Elbow) (S14b) Hamstrings (S17) Low Back (S10)	Hold each stretch for 30 seconds.

EXERCISE CLASS #14 - SEATED CARDIO
(25 MINUTES)

Module 1 5 Minutes	Dynamic Stretches	2.5 Minutes
	Shoulder Rolls (S2a) Wrist Rotations (S4) Trunk Rotations (S3a) Ankle Rolls (S5) Head Nods (S1a)	Perform each stretch for 30 seconds.
1 Minute Water Break		
Module 2 6 Minutes	Cardiovascular Exercises	5 Minutes
	Arm Swings (C1) March – Fast Pace (C5) Chest Press with Leg Extension (C19) Crisscross Arms (C20) Speed Bag (C3)	Perform each exercise for 30 seconds and repeat.
1 Minute Water Break		
Module 3 6 Minutes	Cardiovascular Exercises	5 Minutes
	Heel Digs (C16a) Side Tap and Reach (C13) Rowing (C21) Seated Jump Rope (C22) Bicycle Kicks (C18)	Perform each exercise for 30 seconds and repeat.
1 Minute Water Break		
Module 3 5 Minutes	Static Stretches	3 Minutes
	Neck (S11) Shoulder (S13) Upper Back (S15) Triceps (Hand on Elbow) (S14b) Hamstrings (S17) Low Back (S10)	Hold each stretch for 30 seconds.

EXERCISE CLASS #15 - SEATED CIRCUIT
(35 MINUTES)

Module 1 10 Minutes	Dynamic Stretches		2 Minutes
	Shoulder Rolls (S2a) Wrist Rotations (S4) Ankle Rolls (S5) Head Rolls (S1c)		Perform each stretch for 30 seconds.
	Cardio		3 Minutes
	March (C5) Rowing (C21) Jumping Jacks (Modified) (C11a)		Perform each exercise for 60 seconds.
	Resistance Tubing Exercises		3 Minutes
	Leg Extension (R4b) Two Hand Pulls (R16) Chest Fly (R17)		Perform each exercise for 60 seconds.
1 Minute Water Break			
Module 2 8 Minutes	Cardio		3 Minutes
	March (C5) Rowing (C21) Jumping Jacks (Modified) (C11a)		Perform each exercise for 60 seconds.
	Resistance Tubing Exercises		3 Minutes
	Lateral Raise (R21) Triceps Extension (R29b) Biceps Curls (R27b)		Perform each exercise for 60 seconds.
	1 Minute Water Break		
Module 3 8 Minutes	Cardio		3 Minutes
	March (C5) Rowing (C21) Jumping Jacks (Modified) (C11a)		Perform each exercise for 60 seconds.
	Bodyweight Exercises		3 Minutes
	Calf Raise (R2) Back Extension (R13) Abdominal Crunch (R31)		Perform each exercise for 60 seconds.
	1 Minute Water Break		
Module 4 8 Minutes	Cool Down		4 Minutes
	Arm Swings (C1) March (C5) V Step (C7) Toe Tap and Pull (C14a)		Perform each exercise for 30 seconds and repeat.
	Static Stretches		3 Minutes
	Neck (S11) Shoulder (S13) Upper Back (S15) Low Back (S10) Triceps (Hand on Elbow) (S14b) Hamstrings (S17)		Hold each stretch for 30 seconds.

EXERCISE CLASS #16 – SEATED CIRCUIT

(35 MINUTES)

Module 1 10 Minutes	Dynamic Stretches		2 Minutes
	Shoulder Circles (S2b) Trunk Rotations (S3a) Wrist Rotations (S4) Seated Ankle Rolls (S5)		Perform each stretch for 30 seconds.
	Cardio		3 Minutes
	Heel Digs with Arm Circles (C16b) Chest Press with Leg Extension (C19) Bicycle Kicks (C18)		Perform each exercise for 60 seconds.
	Resistance Tubing Exercises		3 Minutes
	Leg Press (R5) Seated Row (R15) Chest Press (R18b)		Perform each exercise for 60 seconds.
1 Minute Water Break			
Module 2 8 Minutes	Cardio		3 Minutes
	Heel Digs with Arm Circles (C16b) Chest Press with Leg Extension (C19) Bicycle Kicks (C18)		Perform each exercise for 60 seconds.
	Resistance Tubing Exercises		3 Minutes
	Overhead Shoulder Press (R23) Triceps Extension (R29b) Hammer Curls (R28)		Perform each exercise for 60 seconds.
1 Minute Water Break			
Module 3 8 Minutes	Cardio		3 Minutes
	Heel Digs with Arm Circles (C16b) Chest Press with Leg Extension (C19) Bicycle Kicks (C18)		Perform each exercise for 60 seconds.
	Bodyweight Exercises		3 Minutes
	Back Extension (R13) Abdominal Crunch (R31) Seated Oblique Twist (R33b)		Perform each exercise for 60 seconds.
1 Minute Water Break			
Module 4 8 Minutes	Cool Down		4 Minutes
	Arm Swings (C1) March (C5) V Step (C7) Toe Tap and Pull (C14a)		Perform each exercise for 30 seconds and repeat.
	Static Stretches		3 Minutes
	Neck (S11) Shoulder (S13) Upper Back (S15) Low Back (S10) Triceps (Hand on Elbow) (S14b) Hamstrings (S17)		Hold each stretch for 30 seconds.

SECTION 3: CARDIOVASCULAR EXERCISES



ARM EXERCISES

C1 – ARM SWINGS

Starting Position



Ending Position



Instructions:

1. Bend your elbows at your sides
2. Swing your arms back and forth in an alternating motion

Progression:

1. Faster
2. Larger movements

C2 – PUNCHES

Starting Position



Ending Position



Instructions:

1. Alternately punch across your body as you pivot your foot on the same side as your punching arm

Progression: Throw 2 punches to the left and 2 punches to the right

C3 – SPEED BAG

Starting Position



Ending Position



Instructions:

1. Rotate your hands around each other in the frontwards motion
2. Twist at your waist to the left, to the centre, and to the right
3. Maintain core stability throughout movement

C4 – UPPER CUT

Starting Position



Ending Position



Instructions:

1. Bend your arms and position your hands in front of your face
2. Punch your arm upwards as you pivot your leg
3. Alternate exercise for your other side

Cue: Make sure you punch upwards and not towards your head

C5 – MARCH

Starting Position



Ending Position



Instructions:

1. Alternately bring your knees towards your abdomen as you swing your arms at your sides

Progression: March at a faster pace

C6 – STEP TOUCH

Starting Position



Ending Position



Instructions:

1. Step to the left
2. Tap your right foot on the ground beside your left foot
3. Repeat to the other side

C7 – V STEP

Starting Position



Ending Position



Instructions:

1. Step forward and to the side with your left foot
2. Step forward and to the side with your right, creating the letter V with your feet
3. Step back and repeat

C8 – WALK ON THE SPOT

Starting Position



Ending Position



Instructions:

1. Alternately lift your feet off the floor as you swing your arms at your sides

C9 – ALTERNATING HAMSTRING CURLS

Starting Position



Ending Position



Instructions:

1. Bend your arms and hold them up at shoulder height
2. Alternately bring your heels towards your buttocks as you swing your elbows back

Cue: Keep your knees pointed towards the ground as you bring your heels up

C10 – INVISIBLE JUMP ROPE

Starting Position



Ending Position



Instructions:

1. Alternately bring your heels off the ground as you create small circles with your wrists

C11A – JUMPING JACKS (MODIFIED)

Starting Position



Ending Position



Instructions:

1. Bend your arms at your sides
2. Bring your elbows up to shoulder height as you kick your leg to the side
3. Alternate exercise with each leg

C11B – JUMPING JACKS

Starting Position



Ending Position



Instructions:

1. Swing your arms above your head as you jump out with both of your feet
2. Lower your arms back down as you jump back into starting position bringing your feet back together

Contraindication:

1. Arthritis/Knee Problems
2. Hypertension
3. Osteoporosis

C12 – KNEE STRIKE

Starting Position



Ending Position



Instructions:

1. Hold your hands together at shoulder height
2. Bring your knee towards your abdomen as you bring your hands down
3. Alternate exercise for the other side of your body

Progression: Perform movement 3 times in a row

Contraindication:

1. Arthritis/Knee Problems
2. Osteoporosis

C13 – SIDE TAP AND REACH

Starting Position



Ending Position



Instructions:

1. Tap your left leg out as you reach above your head to the right
2. Tap your right leg out as you reach above your head to the left

Contraindication:

1. Hypertension

C14A – TOE TAP AND PULL

Starting Position



Ending Position



Instructions:

1. Hold your hands in front of you at chest height
2. Tap your toe back as you push your hands away from your body
3. Bring your feet back together and repeat for your other leg

C14B – ABOVE HEAD TOE TAP AND PULL

Starting Position



Ending Position



Instructions:

1. Hold your hands above your head
2. Tap your toe back as you bring your hands down to your sides
3. Bring your feet back together and repeat for your other leg

Contraindication:

1. Hypertension

BALANCE EXERCISES

C15 – GRAPEVINE



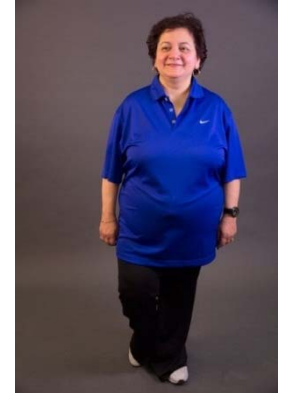
1. Step to the right



2. Bring your left foot behind your right



3. Step to the right again



4. Tap left foot beside right - repeat to left

C16A – HEEL DIGS

Starting Position



Ending Position



Instructions:

1. In a quick motion, alternately place your bodyweight on your heels as you kick out your feet

Cue: Be careful not to put pressure on the leg that is hyperextended

Contraindication:

1. Arthritis/Knee Problems
2. Osteoporosis

C16B – HEEL DIGS WITH ARM CIRCLES

Starting Position



Ending Position



Instructions:

1. Hold your arms up at shoulder height
2. As you alternately place your bodyweight on your heels, make small circles with your arms

Cue: Be careful not to put pressure on the leg that is hyperextended

Contraindication:

1. Arthritis/Knee Problems
2. Osteoporosis

C17 – SIDE KICK

Starting Position



Ending Position



Instructions:

1. Place your bodyweight on one leg
2. Pull your knee in towards your abdomen
3. Push the balls of your feet to the side
4. Repeat on opposite side

Contraindication:

1. Arthritis/Knee Problems
2. Osteoporosis

SEATED EXERCISES

C18 – BICYCLE KICKS



Starting Position



Ending Position



Instructions:

1. Sit on the edge of your chair
2. Hold onto the sides of your chair and lean your body back
3. Move your legs forward in a peddling motion
4. Maintain core stability throughout movement

Contraindication:

1. Back Pain
2. Osteoporosis

C19 – CHEST PRESS WITH LEG EXTENSION



Starting Position



Ending Position



Instructions:

1. Hold your hands at chest height
2. Push your hands away from your body as you extend one leg forward
3. Alternate legs between each press

Contraindication:

1. Arthritis/Knee Problems

C20 – CRISSCROSS ARMS



Starting Position



Ending Position



Instructions:

1. Swing your arms back and forth horizontally in front of you as you cross one arm over the other

C21 – ROWING



Starting Position



Ending Position



Instructions:

1. Sit on the edge of your chair
2. Reach forward with your hands as you bend forward at your hip
3. Bring your body back as you create large circles backwards with your arms
4. Maintain core stability throughout movement

Contraindication:

1. Low Back Pain
2. Osteoporosis

C22 – SEATED JUMP ROPE



Starting Position



Ending Position



Instructions:

1. Sit on the edge of your chair
2. Lift both of your feet off the floor as you create small circles with your forearms

Contraindication:

1. Low Back Pain
2. Osteoporosis

SECTION 4: RESISTANCE EXERCISES



LOWER BODY EXERCISES

R1A – BODYWEIGHT SHIFTS (SIDE TO SIDE)

Starting Position



Ending Position



Instructions:

1. Shift your bodyweight onto one foot
2. Hold then return to starting position
3. Shift your bodyweight onto your other foot

R1B – BODYWEIGHT SHIFTS (FRONT TO BACK)

Starting Position



Starting Position



Instructions:

1. Lean forward as you shift your bodyweight onto your toes
2. Hold then return to starting position
3. Lean backwards as you shift your bodyweight onto your heels

R2 – CALF RAISE

Starting Position



Ending Position



Instructions:

1. Start with your feet flat on the floor
2. Lift your heels off the floor
3. Hold
4. Lower your heels back to starting position

Modification: Unilateral, alternating movement

R3 – HAMSTRING CURLS

Starting Position



Ending Position



Instructions:

1. Place your bodyweight onto one leg
2. Bring your heel towards your buttocks
3. Hold and return to starting position
4. Repeat for your other leg

Progression: Perform without chair

R4A – LEG EXTENSION



Starting Position



Ending Position



Instructions:

1. Sit tall in your chair
2. Extend your leg out in front of your body
3. Hold and return to starting position
4. Repeat for your other leg

Cue: Don't lock out your knees in the ending position

Contraindication:

1. Arthritis/Knee Problems

R4B – LEG EXTENSION



Starting Position



Ending Position



Instructions:

1. Loop the tubing around your foot and wrap around your chair making it taut
2. Extend your leg out in front of your body
3. Hold and return to starting position
4. Repeat for your other leg

Cue: Don't lock out your knees in the ending position

Contraindication:

1. Arthritis/Knee Problems

R5 – LEG PRESS



Starting Position



Ending Position



Instructions:

1. Loop the tubing around your foot and wrap the tubing around your chair making it taut
2. Bring your knee towards your chest then push your heel forward
3. Hold and return to starting position
4. Repeat for your other leg

Cue: Don't lock out your knees in the ending position

Contraindication:

1. Arthritis/Knee Problems

R6A – LUNGES (CHAIR SUPPORT)

Starting Position



Ending Position



Instructions:

1. Place your hand on your chair
2. Stand with your right foot in front and your left foot behind you with your toes in contact with the floor
3. Lower your body until your right thigh is parallel with the floor
4. Hold and return to starting position
5. Repeat for your other leg

Cue: Don't let your knees pass your toes and don't let your lower knee touch the floor at the bottom of the movement

Contraindication:

1. Arthritis/Knee Problems

R6B – LUNGES

Starting Position



Ending Position



Instructions

1. Stand with your right foot in front and your left foot behind you with your toes in contact with the floor
2. Lower your body until your right thigh is parallel with the floor
3. Hold and return to starting position
4. Repeat for your other leg

Cue: Don't let your knees pass your toes and don't let your lower knee touch the floor at the bottom of the movement

Contraindication:

1. Arthritis/Knee Problems

R7 – SIDE LEG RAISE

Starting Position



Ending Position



Instructions:

1. Place your bodyweight onto one leg
2. Raise your other leg to the side away from your body
3. Hold and return to starting position
4. Repeat for your other leg

Progression: Perform without chair

Contraindication:

1. Osteoporosis

R8A – SINGLE LEG KICKBACK

Starting Position



Ending Position



Instructions:

1. Place your bodyweight onto one leg
2. Raise your other leg backwards
3. Hold and return to starting position
4. Repeat for your other leg

Progression: Perform without chair

Contraindication:

1. Osteoporosis

R8B – SINGLE LEG KICKBACK WITH FRONT REACH

Starting Position



Ending Position



Instructions:

1. Place your bodyweight onto one leg
2. Raise your leg backwards as you reach forward and above your head with your opposite hand
3. Hold and return to starting position
4. Repeat for your other leg

Progression: Perform without chair

Contraindication:

1. Osteoporosis

R9 – SINGLE LEG LIFT

Starting Position



Ending Position



Instructions:

1. Lift your left leg upwards off the floor and hold for 5 seconds
2. Return to starting position
3. Lift your right leg upwards off the floor and hold for 5 seconds
4. Alternate this movement until the time elapses

Modification: Hold onto a chair

Progression: Bring knee higher and/or hold position for longer

Contraindication:

1. Osteoporosis

R10A – SQUATS (WITH CHAIR)

Starting Position



Ending Position



Instructions:

1. Stand in front of your chair
2. Lower your body down and tap the edge of your chair with your buttocks
3. Stand up as you return to starting position and repeat

Cue: Don't let your knees pass your toes at the bottom of the movement

Modification: Sit down fully on the chair when you come down

Contraindication:

1. Arthritis/Knee Problems
2. Low Back Pain

R10B – SQUATS

Starting Position



Ending Position



Instructions:

1. Bend at your knees and hips as you lower your body down until your legs are parallel to the floor
2. Hold and return to starting position

Cue: Don't let your knees pass your toes at the bottom of the movement

Contraindication:

1. Knee Problems/Arthritis
2. Low Back Pain

R10C – SQUATS WITH INVISIBLE BOX LIFT

Starting Position



Ending Position



Instructions:

1. Imagine a box in front of you
2. Bend at your knees and hips as you lower your body down
3. Lower your hands down as you pick up your “box”
4. Hold and return to starting position

Cue: Don’t let your knees pass your toes at the bottom of the movement

Contraindication:

1. Knee Problems/Arthritis
2. Low Back Pain

R11 – TOE LIFTS



Starting Position



Ending Position



Instructions:

1. Lift your toes off the ground, pointing your toes to the ceiling
2. Hold and return to starting position

BACK EXERCISES

R12 – ARCHER PULLS



Starting Position



Ending Position



Instructions:

1. Hold the tubing in front of you with your left arm extended and right arm bent
2. Keep your left arm still and your right arm close to your body
3. Pull your right arm back
4. Hold and return to starting position
5. Repeat for your other arm

R13 – BACK EXTENSION



Starting Position



Ending Position



Instructions:

1. Sit on the edge of your chair
2. Bend forward at your hip as you lower your chest towards your thighs
3. Hold and return to starting position
4. Maintain core stability throughout movement

Contraindication:

1. Back Pain
2. Osteoporosis

R14 – BENT OVER ROW



Starting Position



Ending Position



Instructions:

1. Position your feet on top of the middle of the tubing
2. Bend forward at your hip while holding the tubing with both hands, palms facing your body
3. Bend your elbows as you slide your palms to chest height
4. Hold and return to starting position

R15 – SEATED ROW



Starting Position



Ending Position



Instructions:

1. Sit on the edge of your chair with your toe pointed to the ceiling
2. Wrap the tubing around your foot and hold one of the handles
3. With your arm close to your body, slide your elbow back
4. Hold and return to starting position
5. Repeat for your other arm

R16 – TWO HAND PULLS



Starting Position



Ending Position



Instructions:

1. Hold the tubing handles with both hands at shoulder height
2. Bring your hands away from each other
3. Hold and return to starting position

CHEST EXERCISES

R17 – CHEST FLY



Starting Position



Ending Position



Instructions:

1. Place the tubing behind your back and underneath your armpits
2. Hold the tubing handles at chest height, palms forward
3. Maintain a slight bend in your elbows as you bring your hands towards each other
4. Hold and return to starting position

R18A – CHEST PRESS



Starting Position



Ending Position



Instructions:

1. Hold your hands at chest height, with your elbows bent, palms facing forward
2. Push your hands away from your body as you extend your elbows
3. Hold and return to starting position

Cue: Pretend that you are pushing against a heavy object

R18B – CHEST PRESS



Starting Position



Ending Position



Instructions:

1. Place the tubing behind your back and underneath your armpits
2. Hold the tubing handles at chest height, with your elbows bent, palms facing the floor
3. Extend your arms bringing your hands in front of you
4. Hold and return to starting position

R19 – CHEST SQUEEZE

Starting Position



Ending Position



Instructions:

1. Bend your arms at chest height with your palms facing forward
2. Bring your hands together
3. Hold and return to starting position

Cue: Pretend that you are squeezing a ball between your forearms

SHOULDER EXERCISES

R20 – FRONT RAISE

Starting Position



Ending Position



Instructions:

1. Position your foot near the end of one tubing handle
2. Hold one tubing handle with your palms facing the front of your thigh
3. Raise your arm in front of you
4. Hold and return to starting position
5. Repeat for your other arm

Cue: Don't bring your hands past shoulder height

R21 – LATERAL RAISE

Starting Position



Ending Position



Instructions:

1. Position your foot near the end of one tubing handle
2. Hold one tubing handle with your palms facing the side of your thigh
3. Raise your arm to the side
4. Hold and return to starting position.
5. Repeat for your other arm

Cue: Don't bring your hands past shoulder height

OTHER NAME: SIDE RAISE

R22A – LATERAL TO FRONT RAISE

Starting Position



Ending Position



Instructions:

1. Raise your arms to the side
2. Hold
3. Bring your hands together in front of your body

Cue: Don't bring your hands past shoulder height

R22B – LATERAL TO FRONT RAISE

Starting Position



Ending Position



Instructions:

1. Step on one end of the tube and hold the other by your side
2. Raise your arm to the side
3. Move your arm to the front
4. Hold and return to starting position moving back through the lateral position

R23 – OVERHEAD SHOULDER PRESS

Starting Position



Ending Position



Instructions:

1. Position your foot near the end of one tubing handle
2. Bend your arm at shoulder height
3. Push your hand up to the ceiling
4. Hold and return to starting position
5. Repeat for your other arm

Cue: Don't lock out your elbow in the ending position

Contraindication:

1. Hypertension

R24 – PADDLING

Starting Position



Ending Position



Instructions:

1. Fold the tubing in half and hold the tubing in front of your body
2. Bring the tubing across your body creating a scooping motion with your arms
3. Repeat motion on the other side of your body

Progression: Pull the tubing apart to increase tension

R25A – SHOULDER ROTATIONS

Starting Position



Ending Position



Instructions:

1. Bend your arms at shoulder height with your palms facing the floor
2. Rotate your shoulders so that your palms are facing forward

R25B – SHOULDER ROTATIONS

Starting Position



Ending Position



Instructions:

1. Hold the tubing handle with your right arm at your side and the tubing in front of your chest with your left arm
2. Rotate your right arm outwards so that your palm is facing forward
3. Hold and return to start position
4. Repeat for your other shoulder

R26 – ARM CIRCLES



Starting Position



Ending Position



Instructions:

1. Hold the tubing at hip height with your palms facing the ceiling
2. Create small circles with your forearms in the forwards direction

R27A – BICEPS CURLS

Starting Position



Ending Position



Instructions:

1. Hold your arm straight in front of your body at shoulder height with your palms facing the ceiling
2. Bring your hand towards your shoulder
3. Hold and return to starting position
4. Repeat for your other arm

R27B – BICEPS CURLS



Starting Position



Ending Position



Instructions:

1. Hold the tubing handles with your palms facing forward
2. Bend your elbows until your hands are at chest height
3. Hold and return to starting position

R28 – HAMMER CURLS



Starting Position



Ending Position



Instructions:

1. Hold the tubing handles with your palms facing the side of your thighs
2. Bend your elbows until your hands are at chest height
3. Hold and return to starting position

R29A – TRICEPS EXTENSION

Starting Position



Ending Position



Instructions:

1. Bend your arm so that your hand is touching your back
2. Extend your arm so that your fingers are pointing the ceiling
3. Hold and return to starting position
4. Repeat for your other arm

Contraindication:

1. Hypertension

R29B – TRICEPS EXTENSION



Starting Position



Ending Position



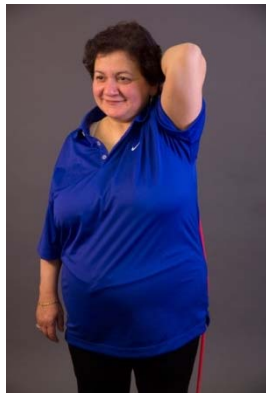
Instructions:

1. Hold one end of tubing at chest height and hold the other beside your belly button
2. Extend your elbow down to your side
3. Hold and return to starting position
4. Repeat for your other arm

R29C – ABOVE HEAD TRICEPS EXTENSION



Starting Position



Ending Position



Instructions:

1. Step on the end of the tubing
2. Hold tubing handle with your arm bent behind your head
3. Extend your upper arm by pushing your top hand upwards
4. Repeat for your other arm

Contraindication:

1. Hypertension

CORE EXERCISES

R30 – ABDOMINAL DRAW IN

Starting Position



Ending Position



Instructions:

1. Place your hands on your stomach
2. Inhale tightening your core
3. Exhale as you relax your core

Cue: Imagine bringing your belly button in towards your spine

R31 – ABDOMINAL CRUNCH

Starting Position



Ending Position



Instructions:

1. Sit on the edge of your chair with your arms behind your ears
2. Bring your back towards the back of your chair
3. Hold and return to starting position
4. Maintain core stability throughout movement

Contraindication:

1. Back Pain
2. Osteoporosis

R32 – ELBOW TO KNEE

Starting Position



Ending Position



Instructions:

1. Lift your foot off the floor and bring your opposite elbow towards your knee
2. Repeat for your other leg
3. Maintain core stability throughout movement
4. Maintain core stability throughout movement

R33A – STANDING OBLIQUE TWIST

Starting Position



Ending Position



Instructions:

1. Hold your hands together in front of your body
2. Twist your waist to the left as you pivot your right foot
3. Repeat on other side
4. Maintain core stability throughout movement

Contraindication:

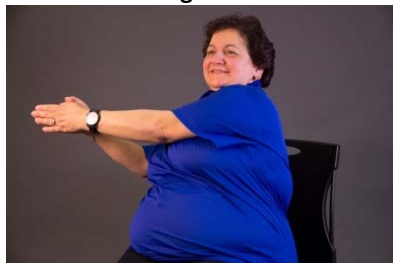
1. Back Pain
2. Osteoporosis

R33B – SEATED OBLIQUE TWIST

Starting Position



Ending Position



Instructions:

1. Sit at the edge of your chair with your hands in front of your body
2. Bend at your hip bringing your back towards the back of the chair – **Hold**
3. Rotate your waist to the left back to the center and to the right
4. Maintain core stability throughout movement

Contraindication:

1. Back Pain
2. Osteoporosis

R34 – SIDE PULLS

Starting Position



Ending Position



Instructions:

1. Hold your arms up at shoulder height
2. Reach to the left with your left hand
3. Hold and return to center
4. Repeat with right side
5. Maintain core stability throughout movement

Contraindication:

1. Back Pain
2. Osteoporosis

R35 – WOODCHOPPERS

Starting Position



Ending Position



Instructions:

1. Hold your hands together above your head
2. Bring your hands down, crossing your body towards your hip
3. Hold and return to starting position
4. Repeat for your other side
5. Maintain core stability throughout movement

Contraindication:

1. Back Pain
2. Osteoporosis

SECTION 5: STRETCHES



S1A – HEAD NODS**Position One****1. Look down at the floor****Position Two****2. Return your head to center****Position Three****3. Look up at the ceiling****S1B – HEAD TURNS****Position One****1. Turn your head to the left****Position Two****2. Return your head to center****Position Three****3. Turn your head to the right****S1C – HEAD ROLLS****Starting Position****Ending Position****Instructions:**

- 1.** Roll your head downwards looking at your feet to the left
- 2.** Roll your head downwards looking at your feet to the right

Cue: Do not roll your head to the back

S2A – SHOULDER ROLLS

Starting Position



Ending Position



Instructions:

1. Roll your shoulder backwards
2. Roll your shoulders forwards

S2B – SHOULDER CIRCLES

Starting Position



Ending Position



Instructions:

1. Hold your arms up at shoulder height with your palms facing the floor
2. Create small circles forwards, getting progressively bigger
3. Then create small circles backwards, getting progressively bigger

S3A – TRUNK ROTATIONS

Starting Position



Ending Position



Instructions:

1. Rotate your waist to the left
2. Rotate your waist to the right

Contraindication:

1. Low Back Pain
2. Osteoporosis

S3B – ALTERNATING TOE TOUCH

Starting Position



Ending Position



Instructions:

1. Lean your body forward and reach for your right foot with your left hand
2. Alternate exercise for your other hand and foot

Contraindication:

1. Low Back Pain
2. Osteoporosis

S4 – WRIST ROTATIONS

Starting Position



Ending Position



Instructions:

1. Rotate your wrists in a clockwise direction
2. Then rotate your wrists in a counter clockwise direction

S5 – ANKLE ROLLS



Starting Position



Ending Position

**Instructions:**

1. Lift your foot off the ground
2. Rotate your ankle in the clockwise direction
3. Then rotate your ankle in the counter clockwise direction
4. Repeat for your other foot

S6A – FORWARD AND BACK LEG SWINGS

Starting Position



Ending Position

**Instructions:**

1. Place your bodyweight on one leg
2. Swing your leg forward and back
3. Repeat for your other leg

Cue: Perform movement in a controlled manner

Contraindication:

1. Osteoporosis

S6B – SIDE LEG SWINGS

Starting Position



Ending Position

**Instructions:**

1. Place your bodyweight on one leg
2. Swing your leg away from your body
3. Repeat for your other leg

Cue: Perform movement in a controlled manner

Contraindication:

1. Osteoporosis

S7 – BICEPS

Starting Position



Instructions:

1. Rotate your wrists so that your palms are facing the floor
2. Press your palms down and back

S8 – CHEST

Starting Position



Ending Position



Instructions:

1. Hold your hands together behind your back
2. Open up your chest as you pull your hands back

S9 – FINGERS AND WRISTS

Starting Position



Instructions:

1. Hold your arm in front of you at shoulder height with your palms facing the ceiling
2. Grab your fingers and slowly pull them towards your body

+S10 – LOW BACK



Starting Position



Ending Position



Instructions:

1. Curl your spine forward as you bring your chest towards your thighs

Contraindication:

1. Low Back Pain
2. Osteoporosis

S11 – NECK

Starting Position



Ending Position



Instructions:

1. Bring your head towards your shoulder
2. Hold then repeat for other side

S12 – OBLIQUE

Starting Position



Instructions:

1. Place your hand on your thigh
2. Bend at your waist and reach to the side with your hand
3. Hold then repeat for your other side

Contraindication:

1. Osteoporosis

S13 – SHOULDER

Starting Position



Instructions:

1. Cross your arm past the midline of your body
2. Grab your forearm
3. Pull it towards your body

Cue: Don't apply pressure onto your elbow joint

S14A – TRICEPS (HAND ON ARM)

Starting Position



Instructions:

1. Bend your arm so that your hand is touching your back
2. Place your hand on your arm under your elbow
3. Push your arm back with your hand
4. Repeat for your other arm

Cue: Make sure you are looking forward

S14B – TRICEPS (HAND ON ELBOW)

Starting Position



Instructions:

1. Lift your right arm up and bend at your elbow so that your hand is touching your back
2. Place your left hand on your right elbow
3. Push down onto your elbow with your hand
4. Repeat for your other arm

Cue: Make sure you are looking forward – not at the floor

S15 – UPPER BACK

Starting Position



Instructions:

1. Hold your hands together in front of you at chest height
2. Pull your hands away from your body

S16 – CALF

Starting Position



Ending Position



Instructions:

1. Stand in a staggered stance with your left foot in front and your right foot behind with your toes in contact with the floor
2. Lower your right heel towards the ground
3. Repeat for your other leg

Modification: Perform while holding onto a chair

S17 – HAMSTRINGS

Starting Position



Ending Position



Instructions:

1. Extend your knee in front of you with your toes pointing to the ceiling
2. Bend forward at your hip until a slight stretch is felt
3. Hold and repeat for your other leg.

Progression: Perform standing

Contraindication:

1. Osteoporosis

S18 – QUADRICEPS

Starting Position



Ending Position



Instructions:

1. Stand in a staggered stance with both of your feet in contact with the floor
2. Lean back until you feel a stretch in your rear quadriceps
3. Repeat for your other leg

SECTION 6: HANDOUTS



PARTICIPANT HANDOUTS

ABOUT THE HANDOUTS

These handouts were created to provide participants with additional information about starting a home exercise program. They mirror the instructional section for providers of this manual.

TYPES OF HANDOUTS

1. **Information Sheets:** Provides additional information for participants regarding safety and exercise.
2. **Worksheets:** An optional handout that participants can use to work on motivation and goal setting.
3. **Exercise Class Descriptions:** A take home exercise routine that corresponds to the mixed exercise class agendas.
4. **Tracking Sheets:** Use these tracking sheets along with the exercise class descriptions so exercisers can record their exercise and track their progress. Blank exercise tracking sheets have also been provided to allow instructions to customize an exercise routine.



- **Train with a friend:** Training with a friend or partner can be useful for motivation, but it is important for there to be someone to provide assistance if an injury occurs.
- **Train in a well-lit area:** Always train during the day or in a lighted facility. Most activities are difficult in the dark and darkness raises the risk of fall and injury.
- **Carry water:** Always carry (or have access to) water or drinks that replenish water lost through sweat. It is important to drink fluids before, during and after exercise. Try to consume about 1-2 cups of water in the hour before you start exercise.
- **Inspect equipment before using it:**
Make sure the equipment used is in good working order (e.g., bands are not torn). If you are securing resistance bands to a fixed object, ensure the object is stationary and will not move. Also, ensure the band is well secured.
- **Clean up:** Put your equipment away after use. Poorly placed equipment can cause someone to trip.



Holding your breath during exercise increases your blood pressure. To prevent this, it is important to breathe rhythmically during exercise.

When engaging in resistance training, breathing out (exhaling) should occur during the 'work' or more difficult phase of the exercise while breathing in (inhaling) should occur during the 'relaxing' phase of the exercise. Proper breathing follows a simple 4-count pattern: lift - "exhale 1-2", lower- "inhale 1-2".

Watch Points:



Do

Exhale and inhale rhythmically

Keep a neutral spine

Keep your joints lightly bent



Do Not

Hold your breath

Round your upper back

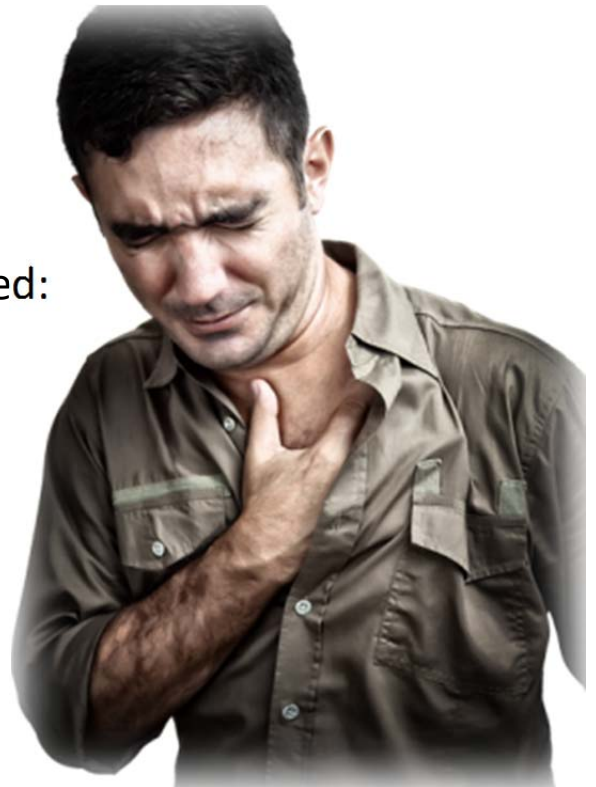
Lock your joints



It is important to be aware of the following signs and symptoms, and if you experience any of them, to stop exercising.

Chest Pain or Discomfort

- Feeling sick to your stomach
- Light-headedness
- Uncomfortable feeling of pressure, pain, squeezing, or heaviness located:
 - In the centre of the chest
 - Throughout the front of the chest
 - In the shoulders, arms, neck, jaw or back
- Unusual foot pain or numbness
- Severe muscle soreness
- Joint pain or swelling
- Blisters, ulcers, redness or tenderness



What to do:

1. Stop exercising and rest
2. If it doesn't go away after 2-4 minutes, call 911 or get someone to take you to the emergency room (don't drive yourself)

If it does go away, but returns each time you exercise, see your doctor. These may be a sign of something more serious.

Warm-up and cool-downs are an essential part of any session.

The warm-up, done before the conditioning phase, often includes 5-10 minutes of light stretching and callisthenic exercises (i.e. walking/jogging on the spot, arm circles). The warm-up increases blood flow to the working muscles and prepares your muscles and joints for activity.

Cool-downs include exercising at a low intensity for 5-10 minutes to allow your heart rate and blood pressure to return to pre-workout levels. Stretching can be incorporated into your warm-up and cool-down phases to maintain and improve flexibility and prevent muscle cramps and muscle soreness.

Stretches are an important component to incorporate into any exercise routine. Stretches not only increase the range of motion around the joints but also helps increase the ease of our daily activities (i.e. reaching above head or tying your shoe laces).

Your heart delivers oxygen and nutrients to working tissues. Aerobic exercise, also known as ‘cardio’, improves stamina and endurance, which is the ability to repeatedly use muscles over long durations, like during running and dancing.

Aerobic exercise is key to maintaining a healthy heart and lungs. Cardio reduces risk of, and helps manage many chronic diseases, such as heart disease and diabetes, and has demonstrated positive effects in cancer patients undergoing treatment.

Benefits of this kind of training include greater energy levels during and after activities, decreases in cholesterol, decreases in blood pressure, increases in insulin sensitivity, better sleep, and aids in weight loss. With less endurance, your muscles tire easier, resulting in fatigue and discomfort or pain.



Resistance training is a popular method of building strong, healthy muscles that are needed to perform many of the activities of daily living.

Including a regular resistance training program into any routine is important to maintain strength, balance and helps ensure healthy aging.

Benefits include:

- Increased strength
- Increased balance
- Increased insulin sensitivity
- Decreased chance of injury

Resistance Tubing and Bands are an excellent way to incorporate strength training into your exercise routine. It is light, portable and inexpensive, and provides a great workout!

Using Resistance Tubing

- Always inspect your equipment before use
- Perform an equal number of repetitions on each side of the body
- Perform each exercise through the full range of motion of the joint
- Use slow, controlled movements
- Be sure to breath out during the work phase of the exercise and breath in inhale during the relaxing phase



Do

Ensure that the tubing is well secured
Clean tubing with a cloth of warm, soapy water and lay flat to dry
Perform exercises slowly and in a controlled manner to prevent tubing from 'snapping' back at you



Do Not

Use the tubing with any sharp objects
Overstretch the tubing: never pull more than three times their resting length
Keep tubing in direct sunlight or heat

Choosing a Resistance Level

It is important that you continue to challenge yourself while performing resistance exercises. To do this, make sure that the resistance tubing is taut before performing the exercise so that resistance is present throughout the entire range of motion of the exercise.

To increase the resistance level, shorten the distance between your hand and the anchor point of the band, to decrease the resistance level, hold the tubing farther away from the anchor point.

Body Alignment

- Keep the weight of the body evenly distributed over both your feet
- Keep your joints ‘soft’ or slightly bent, never locked
- Keep your chest up, allowing the shoulders to fall back and down
- Keep the torso stabilized by pulling your belly button in towards your spine
- Your head and neck should be aligned with your spine in a neutral position
- Keep your wrists neutral while performing exercises

The FITT principle can help you progress your exercise program over time. Here's how it works:

F Frequency

Frequency refers to how often you exercise. To progress with frequency, start exercising one day per week and slowly increase more and more days.

I Intensity

Intensity is how hard you exercise. This could mean lifting a heavier weight or walking at a faster pace. The most important thing is to start light and build up slowly.

T Time

Time refers to the duration you spend doing exercises. To progress your sessions, you could start with a 10 minute bout of exercise, and increase to 20min, 30min, even 45 minutes.

T Type

Type refers to the kind of exercise you choose. This could be brisk walking vs. jogging, or lifting weights vs. resistance tubing. It is most important for you to find the types of exercise that you enjoy and can do. But feel free to mix it up. Multiple exercises can provide you with great benefit, and trying a variety can keep you interested.

INFO SHEET #10 - MONITORING YOUR HEART RATE

If you don't have a heart rate monitor, you can easily take your heart rate manually by feeling for your pulse. The two most common places to do so are the carotid artery on your neck and the radial artery on your wrist.

Instructions for Carotid Pulse Check

The carotid artery is in your neck, just below your jaw on either side of your windpipe.

1. Take your index and middle fingers and place them right under your jaw just below your earlobe
2. Slide your fingers down the jaw line until you hit the windpipe
3. Feel next to the windpipe until you feel a pulsing

Tip: Use the flat parts of your fingers rather than the fingertips

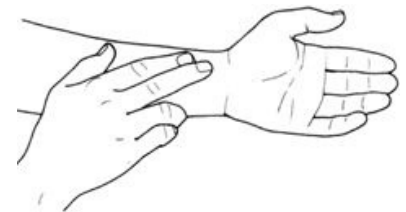


Instructions for Radial Pulse Check

The radial artery is in your wrist just below where your thumb meets your arm.

1. Position your hand sideways so your thumb is pointed upwards
2. Place your index and middle finger on top of the bone of the wrist in line with the top of your thumb
3. Slide your fingers slightly toward the underside of your wrist, stopping when you feel the dip from your bone
4. Feel in this area until you find the steady beat

Tip: If you have trouble finding your radial pulse, the carotid pulse is usually easier to find.



When you find your pulse:

1. Count the number of beats you feel within a fifteen second period
2. Multiply the number of beats you feel in fifteen seconds by 4 to get your heart rate in beats per minute (bpm)
3. It is a good idea to monitor your heart rate throughout your exercise session

Tip: You can also count the number of beats in 10 seconds and multiply by 6 to find your heart rate, whatever you find easier

INFO SHEET #11 - RATING OF PERCEIVED EXERTION (RPE)

RPE is an excellent way to monitor your intensity because you choose how hard you *feel* you are working. RPE can be measured on a scale of 0 to 10 with “0” being no exertion at all (sitting on a couch watching television), and “10” being a maximal effort (running a marathon). When you first start, aim to be between “3” and a “6”.

0 No exertion (*resting, sitting*)

1 Very light (*little or no fatigue*)

2 Fairly light

3 Moderate (*comfortable, slightly elevated breathing*)

4 Somewhat hard (*breathing deeper, light perspiration*)

5 Hard (*breathing deeply at a comfortable level, general fatigue, perspiration*)

6

7 Very hard (*definite fatigue, breathing hard, heavy perspiration*)

8

9 Extremely hard (*extremely vigorous, cannot maintain for long*)

10 Maximal exertion

WORKSHEET #1 - MOTIVATION & GOAL SETTING

What is the new behavior?

How important is it to me to change?

Not Important		Slightly Important		Important		Fairly Important		Very Important	
1	2	3	4	5	6	7	8	9	10

Disadvantages of the Current Behaviour	Advantages of the New Behaviour

What things will get in my way?	What can I do to manage the things that get in my way?

S Specific	
M Measureable	
A Attainable	
R Realistic	
T Timely	
My SMART Goal:	

Exercise # 1: Abdominal Draw In**Starting Position****Ending Position****Instructions:**

1. Place your hands on your stomach
2. Breath in as you tighten your core
3. Breath out as you relax your core

Exercise # 2: Squats (With Chair)**Starting Position****Ending Position****Instructions:**

1. Lower your body and tap the edge of your chair with your buttocks
2. Stand up
3. Make sure your knees don't pass your toes

Exercise # 3: Calf Raise**Starting Position****Ending Position****Instructions:**

1. Start with feet flat on the floor
2. Lift your heels off the floor
3. Hold
4. Lower your heels back to starting position

Exercise # 4: Chest Press**Starting Position****Ending Position****Instructions:**

1. Hold your hands at chest height, palms facing the forward
2. Push your hands away from your body

Exercise # 5: Shoulder Rotations**Starting Position****Ending Position****Instructions:**

1. Bend your arms at shoulder height with your palms facing the floor
2. Rotate your shoulders so that your fingers are facing the ceiling

Exercise # 6: Triceps Extension**Starting Position****Ending Position****Instructions:**

1. Touch your back with your hand
2. Extend your arm so your fingers point to the ceiling

Exercise # 7: Biceps Curls**Starting Position****Ending Position****Instructions:**

1. Position your arm in front of body, palms facing the ceiling
2. Bring your hand towards your shoulder

Exercise # 8: Bodyweight Shifts (Side to Side)**Starting Position****Ending Position****Instructions:**

1. Shift your bodyweight onto one foot
2. Shift your bodyweight onto your other foot

EXERCISE CLASS #1: TRACKING SHEET

Exercises ↓	Date →										
Abdominal Draw In	Set #1 →										
	Set #2 →										
Squats	Set #1 →										
	Set #2 →										
Calf Raise	Set #1 →										
	Set #2 →										
Chest Press	Set #1 →										
	Set #2 →										
Shoulder Rotations	Set #1 →										
	Set #2 →										
Triceps Extension	Set #1 →										
	Set #2 →										
Biceps Curls	Set #1 →										
	Set #2 →										
Bodyweight Shifts	Set #1 →										
	Set #2 →										

Exercise # 1: Abdominal Draw In**Starting Position****Ending Position****Instructions:**

1. Place your hands on your stomach
2. Breath in as you tighten your core
3. Breath out as you relax your core

Exercise # 2: Squats (With Chair)**Starting Position****Ending Position****Instructions:**

1. Lower your body and tap the edge of your chair with your buttocks
2. Stand up
3. Make sure your knees don't pass your toes

Exercise # 3: Hamstring Curls**Starting Position****Ending Position****Instructions:**

1. Place your bodyweight on one leg
2. Bring your heel towards your buttocks
3. Repeat for your other leg

Exercise # 4: Lateral to Front Raise**Starting Position****Ending Position****Instructions:**

1. Raise your arms to the side
2. Hold
3. Bring your hands together in front of your body

Exercise # 5: Archer Pulls**Starting Position****Ending Position****Instructions:**

1. Hold tubing with left arm in front and right arm close to your body
2. Pull your right arm back
3. Repeat for other arm

Exercise # 6: Chest Fly**Starting Position****Ending Position****Instructions:**

1. Place tubing behind back and hold handles at chest height, palms forward
2. With a slight bend in your elbows – bring your hands towards each other

Exercise # 7: Triceps Extension**Starting Position****Ending Position****Instructions:**

1. Hold one end of tubing at chest height and the other beside your waist
2. Extend your elbow down to your side
3. Repeat for other arm

Exercise # 8: Biceps Curls**Starting Position****Ending Position****Instructions:**

1. Hold the tubing handles with your palms facing forward
2. Bend you elbows until your hands are at chest height

EXERCISE CLASS #2: TRACKING SHEET

Exercises ↓	Date →										
Abdominal Draw In	Set #1 →										
	Set #2 →										
Squats	Set #1 →										
	Set #2 →										
Hamstring Curls	Set #1 →										
	Set #2 →										
Lateral to Front Raise	Set #1 →										
	Set #2 →										
Archer Pulls	Tube Color										
	Set #1 →										
	Set #2 →										
Chest Fly	Tube Color										
	Set #1 →										
	Set #2 →										
Triceps Extension	Tube Color										
	Set #1 →										
	Set #2 →										
Biceps Curls	Tube Color										
	Set #1 →										
	Set #2 →										

Exercise # 1: Squats**Starting Position****Ending Position****Instructions:**

1. Bend at your knees and hips as you lower your body down until your legs are parallel to the floor
2. Make sure your knees don't pass your toes

Exercise # 2: Calf Raise**Starting Position****Ending Position****Instructions:**

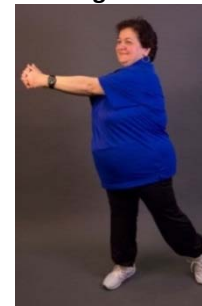
1. Start with feet flat on the floor
2. Lift your heels off the floor
3. Hold
4. Lower your heels back to starting position

Exercise # 3: Shoulder Rotations**Starting Position****Ending Position**

1. Bend your arms at shoulder height, palms facing the floor
2. Rotate your shoulders until your fingers are facing forward

Exercise # 4: Single Leg Kickback**Starting Position****Ending Position****Instructions:**

1. Place your bodyweight onto one leg
2. Raise your leg backwards as you reach forward and above your head with your opposite hand
3. Repeat for other leg

Exercise # 5: Standing Oblique Twist**Starting Position****Ending Position****Instructions**

1. Hold your hands together in front of your body
2. Twist your waist to the left as you pivot your right foot
3. Repeat on other side

Exercise # 6: Two Hand Pulls

Starting Position



Ending Position



Instructions:

1. Hold the tubing handles with both hands at shoulder height
2. Bring your hands away from each other

Exercise # 7: Chest Fly

Starting Position



Ending Position



1. Place tubing behind your back and hold handles at chest height, palms forward
2. With a slight bend in your elbows – bring your hands towards each other

Exercise # 8: Lateral Raise

Starting Position



Ending Position



Instructions:

1. Step on the end of the tubing
2. Hold handle with your palm facing your side
3. Raise your arm to the side

Exercise # 9: Triceps Extension

Starting Position



Ending Position



1. Hold one end of tubing at chest height and the other beside your belly button
2. Extend your elbow down to your side
3. Repeat for other arm

Exercise # 10: Biceps Curls

Starting Position



Ending Position



1. Hold the tubing handles with your palms facing forward
2. Bend you elbows until your hands are at chest height

EXERCISE CLASS #3: TRACKING SHEET

Exercises ↓	Date →										
Squats	Set #1 →										
	Set #2 →										
Calf Raise	Set #1 →										
	Set #2 →										
Shoulder Rotations	Set #1 →										
	Set #2 →										
Single Leg Kickback	Set #1 →										
	Set #2 →										
Standing Oblique Twist	Set #1 →										
	Set #2 →										
Two Hand Pulls	Tube Color										
	Set #1 →										
	Set #2 →										
Chest Fly	Tube Color										
	Set #1 →										
	Set #2 →										
Lateral Raise	Tube Color										
	Set #1 →										
	Set #2 →										
Triceps Extension	Tube Color										
	Set #1 →										
	Set #2 →										
Biceps Curls	Tube Color										
	Set #1 →										
	Set #2 →										

Exercise # 1: Squats with Invisible Box Lift**Starting Position****Ending Position****Instructions:**

1. Bend at your knees and hips
2. Lower your hands as you pick up your 'box' up
3. Make sure your knees don't pass your toes

Exercise # 2: Single Leg Lift**Starting Position****Ending Position****Instructions:**

1. Lift your left leg off the floor and hold for 5 seconds
2. Return to starting position
3. Repeat with your other leg

Exercise # 3: Calf Raise**Starting Position****Ending Position****Instructions:**

1. Start with feet flat on the floor
2. Lift your heels off the floor
3. Hold
4. Lower your heels back to starting position

Exercise # 4: Abdominal Crunch**Starting Position****Ending Position****Instructions:**

1. Sit on the edge of your chair with your arms behind your ears
2. Bring your back towards the back of your chair

Exercise # 5: Back Extension**Starting Position****Ending Position****Instructions:**

1. Sit on the edge of your chair
2. Bend forward at your hip as your lower your chest to your thigh

Exercise # 6: Two Hand Pulls**Starting Position****Ending Position****Instructions:**

1. Hold the tubing handles with both hands at shoulder height
2. Bring your hands away from each other

Exercise # 7: Chest Press**Starting Position****Ending Position**

1. Place the tubing behind your back and hold handles at chest height, palms down
2. With your elbows bent - push your arms forward

Exercise # 8: Front Raise**Starting Position****Ending Position****Instructions:**

1. Step on the end of the tubing
2. Hold one handle with your palm facing the front of your thigh
3. Raise your arm in front of you

Exercise # 9: Triceps Extension**Starting Position****Ending Position****Instructions:**

1. Hold one end of tubing at chest height and the other beside your belly button
2. Extend your elbow down to your side
3. Repeat for other arm

Exercise # 10: Hammer Curls**Starting Position****Ending Position****Instructions:**

1. Hold the tubing handles with your palms facing the side of your thighs
2. Bend your elbows until your hands are at chest height

EXERCISE CLASS #4: TRACKING SHEET

Exercises ↓	Date →										
Squats with Box Lift	Set #1 →										
	Set #2 →										
Single Leg Lift	Set #1 →										
	Set #2 →										
Calf Raise	Set #1 →										
	Set #2 →										
Abdominal Crunch	Set #1 →										
	Set #2 →										
Back Extension	Set #1 →										
	Set #2 →										
Two Hand Pulls	Tube Color										
	Set #1 →										
	Set #2 →										
Chest Press	Tube Color										
	Set #1 →										
	Set #2 →										
Front Raise	Tube Color										
	Set #1 →										
	Set #2 →										
Triceps Extension	Tube Color										
	Set #1 →										
	Set #2 →										
Hammer Curls	Tube Color										
	Set #1 →										
	Set #2 →										

Exercise # 1: Lunges with Chair Support**Starting Position****Ending Position****Instructions:**

1. Place hand on chair
2. Stand in staggered stance with one foot in front and the other behind
3. Lower your body until back knee nearly touches the floor

Exercise # 2: Single Leg Kickback with Front Reach**Starting Position****Ending Position****Instructions:**

1. Place your bodyweight onto one leg
2. Raise your leg backwards as you reach forward and above your head with your opposite hand
3. Repeat for other side

Exercise # 3: Hamstring Curls**Starting Position****Ending Position****Instructions**

1. Place your bodyweight on one leg
2. Bring your heel towards your buttocks
4. Repeat for other leg

Exercise # 4: Abdominal Crunch**Starting Position****Ending Position****Instructions:**

1. Sit on the edge of your chair with your arms behind your ears
2. Bring your back towards the back of your chair

Exercise # 5: Woodchoppers**Starting Position****Ending Position****Instructions:**

1. Hold your hands together above your head
2. Bring your hands down, crossing your body towards your hip
3. Repeat for your other side

Exercise # 6: Bent Over Row**Starting Position****Ending Position****Instructions:**

1. Position your feet on the middle of tubing
2. Bend forward at your hip (knees slightly bent)
3. Bend your elbows up to the ceiling as you slide your hands along your sides

Exercise # 7: Chest Press**Starting Position****Ending Position**

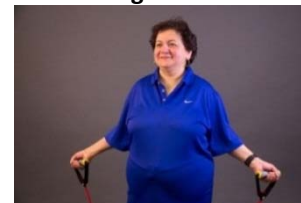
1. Place the tubing behind your back and hold handles at chest height, palms down
2. With your elbows bent - push your arms forward

Exercise #8: Overhead Shoulder Press**Starting Position****Ending Position****Instructions:**

1. Step on the end of the tubing
2. Bend your arm at shoulder height
3. Push your hand up to the ceiling

Exercise # 9: Above Head Triceps Extension**Starting Position****Ending Position****Instructions:**

1. Step on the end of the tubing
2. Hold tubing handle with your arm bent behind your head
3. Push your top hand upwards

Exercise # 10: Arm Circles**Starting Position****Ending Position****Instructions:**

1. Hold the tubing at hip height with your palms facing the ceiling
2. Create small circles with your forearms in the forwards direction

EXERCISE CLASS #5: TRACKING SHEET

Exercises ↓	Date →										
Lunges with Chair Support	Set #1 →										
	Set #2 →										
Kickback and Reach	Set #1 →										
	Set #2 →										
Hamstring Curls	Set #1 →										
	Set #2 →										
Abdominal Crunch	Set #1 →										
	Set #2 →										
Woodchoppers	Set #1 →										
	Set #2 →										
Bent Over Row	Tube Color										
	Set #1 →										
	Set #2 →										
Chest Press	Tube Color										
	Set #1 →										
	Set #2 →										
Overhead Shoulder Press	Tube Color										
	Set #1 →										
	Set #2 →										
Triceps Extension	Tube Color										
	Set #1 →										
	Set #2 →										
Arm Circles	Tube Color										
	Set #1 →										
	Set #2 →										

Exercise # 1: Lunges**Starting Position****Ending Position****Instructions:**

1. Stand in a staggered stance with one foot in front and the other behind
2. Lower your body until your back knee nearly touches the floor

Exercise # 2: Calf Raise**Starting Position****Ending Position****Instructions:**

1. Start with feet flat on the floor
2. Lift your heels off the floor
3. Hold
4. Lower your heels back to starting position

Exercise # 3: Back Extension**Starting Position****Ending Position****Instructions:**

1. Sit on the edge of your chair
2. Bend forward at your hip as you lower your chest to your thigh

Exercise # 4: Abdominal Crunch**Starting Position****Ending Position****Instructions:**

1. Sit on the edge of your chair with your arms behind your ears
2. Bring your back towards the back of your chair

Exercise # 5: Seated Oblique Twist**Starting Position****Ending Position****Instructions:**

1. Sit on the edge of your chair and lean back
2. Hold this position as you rotate your waist to the left back to the center and to the right

Exercise # 1: Bent Over Row**Starting Position****Ending Position****Instructions:**

1. Position your feet on the middle of tubing
2. Bend forward at your hip (knees slightly bent) with tubing in both hands, palms facing body
3. Bend your elbows up to the ceiling along your sides

Exercise # 2: Chest Press**Starting Position****Ending Position****Instructions:**

1. Place the tubing behind your back and underneath your armpits
2. Hold the tubing handles at chest height, with your elbows bent, palms down
3. Push your arms forward

Exercise # 3: Lateral to Front Raise**Starting Position****Ending Position****Instructions:**

1. Step on the end of the tubing
2. Hold one handle with your palm facing your side
3. Raise your arm to the side – lower your arm
4. Then raise your arm to the front

Exercise # 4: Above Head Triceps Extension**Starting Position****Ending Position****Instructions:**

1. Step on the end of the tubing
2. Hold tubing handle with your arm bent behind your head
3. Push your top hand upwards

Exercise # 5: Arm Circles**Starting Position****Ending Position****Instructions:**

1. Hold the tubing at hip height with your palms facing the ceiling
2. Create small circles with your forearms in the forwards direction

EXERCISE CLASS #6: TRACKING SHEET

Exercises ↓	Date →										
Lunges	Set #1 →										
	Set #2 →										
Calf Raise	Set #1 →										
	Set #2 →										
Back Extension	Set #1 →										
	Set #2 →										
Abdominal Crunch	Set #1 →										
	Set #2 →										
Oblique Twist	Set #1 →										
	Set #2 →										
Bent Over Row	Tube Color										
	Set #1 →										
	Set #2 →										
Chest Press	Tube Color										
	Set #1 →										
	Set #2 →										
Lateral to Front Raise	Tube Color										
	Set #1 →										
	Set #2 →										
Triceps Extension	Tube Color										
	Set #1 →										
	Set #2 →										
Arm Circles	Tube Color										
	Set #1 →										
	Set #2 →										

Exercise # 1: Abdominal Draw In**Starting Position****Ending Position****Instructions:**

1. Place your hands on your stomach
2. Breath in as you tighten your core
3. Breath out as you relax your core

Exercise # 2: Side Pulls**Starting Position****Ending Position****Instructions:**

1. Hold your arms up at shoulder height
2. Reach to the left with your left hand
3. Then reach to the right with your right hand

Exercise # 3: Calf Raise**Starting Position****Ending Position****Instructions:**

1. Start with feet flat on the floor
2. Lift your heels off the floor
3. Hold
4. Lower your heels back to starting position

Exercise # 4: Toe Lifts**Starting Position****Ending Position****Instructions:**

1. Lift your toes off the ground and point your toes to the ceiling
2. Hold and return to starting position

Exercise # 5: Chest Squeeze**Starting Position****Ending Position****Instructions:**

1. Bend your arms at chest height with your palms facing forward
2. Bring your hands together in front of you

Exercise # 6: Triceps Extension**Starting Position****Ending Position****Instructions:**

1. Touch your back with your hand
2. Extend your arm so your fingers point to the ceiling

Exercise # 7: Biceps Curls**Starting Position****Ending Position****Instructions:**

1. Position your arm in front of body, palms facing the ceiling
2. Bring your hand towards your shoulder

Exercise # 8: Leg Extension**Starting Position****Ending Position****Instructions:**

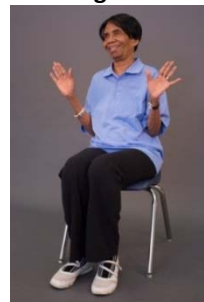
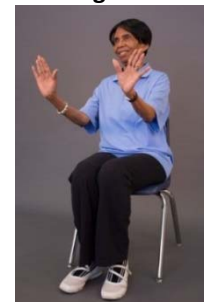
1. Extend your leg out in front of your body
2. Repeat for your other leg
3. Don't lock out your knees in the ending position

EXERCISE CLASS #11 (SEATED): TRACKING SHEET

Exercises ↓	Date →										
Abdominal Draw In	Set #1 →										
	Set #2 →										
Side Pulls	Set #1 →										
	Set #2 →										
Calf Raise	Set #1 →										
	Set #2 →										
Toe Lifts	Set #1 →										
	Set #2 →										
Chest Squeeze	Set #1 →										
	Set #2 →										
Triceps Extension	Set #1 →										
	Set #2 →										
Biceps Curls	Set #1 →										
	Set #2 →										
Leg Extension	Set #1 →										
	Set #2 →										

Exercise # 1: Abdominal Draw In**Starting Position****Ending Position****Instructions:**

1. Place your hands on your stomach
2. Breath in as you tighten your core
3. Breath out as you relax your core

Exercise # 2: Chest Press**Starting Position****Ending Position****Instructions:**

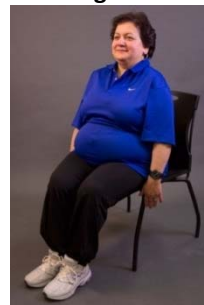
1. Hold your hands at chest height, palms facing forward
2. Push your hands away from your body

Exercise # 3: Lateral to Front Raise**Starting Position****Ending Position****Instructions:**

1. Raise your arms to the side
2. Hold
3. Bring your hands together in front of your body

Exercise # 4: Woodchoppers**Starting Position****Ending Position****Instructions:**

1. Hold your hands together above your head
2. Bring your hands down, crossing your body towards your hip
3. Repeat for your other side

Exercise # 5: Back Extension**Starting Position****Ending Position****Instructions:**

1. Sit on the edge of your chair
2. Bend forward at your hip as your lower your chest to your thigh

Exercise # 1: Leg Extension

Starting Position



Ending Position



1. Loop tubing around your chair and foot
2. Extend your leg out in front of your body
3. Repeat for your other leg
4. Don't lock out your knees in the ending position

Exercise # 2: Archer Pulls

Starting Position



Ending Position



1. Hold tubing with left arm in front and right close to your body
2. Pull your right arm back
3. Hold and return to starting position
4. Repeat for other arm

Exercise # 3: Paddling

Starting Position



Ending Position



Instructions:

1. Hold tubing in front of you
2. Bring the tubing across your body creating a scooping motion with your arms – alternating for both sides

Exercise # 4: Triceps Extension

Starting Position



Ending Position



Instructions:

1. Hold your hands together above your head
2. Bring your hands down, crossing your body towards your hip
3. Repeat for your other side

Exercise # 5: Biceps Curls

Starting Position



Ending Position



1. Hold the tubing handles with your palms facing forward
2. Bend you elbows until your hands are at chest height

EXERCISE CLASS #12 (SEATED): TRACKING SHEET

Exercises ↓	Date →										
Abdominal Draw In	Set #1 →										
	Set #2 →										
Chest Press	Set #1 →										
	Set #2 →										
Lateral to Front Raise	Set #1 →										
	Set #2 →										
Woodchoppers	Set #1 →										
	Set #2 →										
Back Extension	Set #1 →										
	Set #2 →										
Leg Extension	Tube Color										
	Set #1 →										
	Set #2 →										
Archer Pulls	Tube Color										
	Set #1 →										
	Set #2 →										
Paddling	Tube Color										
	Set #1 →										
	Set #2 →										
Triceps Extension	Tube Color										
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	Set #2 →										
Biceps Curls	Tube Color										
	Set #1 →										
	Set #2 →										

Exercise # 1: Calf Raise

Starting Position



Ending Position



1. Start with feet flat on the floor
2. Lift your heels off the floor
3. Hold
4. Lower your heels back to starting position

Exercise # 2: Lateral to Front Raise

Starting Position



Ending Position



Instructions:

1. Raise your arms to the side
2. Hold
3. Bring your hands together in front of your body

Exercise # 3: Back Extension

Starting Position



Ending Position



Instructions:

1. Sit on the edge of your chair
2. Bend forward at your hip as you lower your chest to your thigh

Exercise # 4: Abdominal Crunch

Starting Position



Ending Position

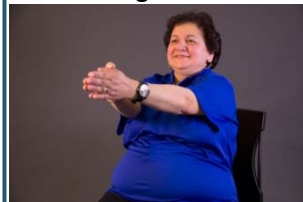


Instructions:

1. Sit on the edge of your chair with your arms behind your ears
2. Bring your back towards the back of your chair
3. Hold and return to starting position

Exercise # 5: Seated Oblique Twist

Starting Position



Ending Position



Instructions:

1. Sit on the edge of your chair and lean back
2. Hold this position as you rotate your waist to the left back to the center and to the right

Exercise # 1: Leg Press**Starting Position****Ending Position****Instructions:**

1. Loop tubing around your chair and foot
2. Bring your knee towards your chest
3. Push your heel forward
4. Don't lock out your knees in the ending position

Exercise # 2: Seated Row**Starting Position****Ending Position**

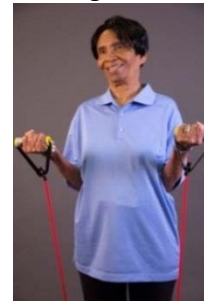
1. Loop the tubing around your foot and hold one handle
2. With your arms close to your body, slide your elbows back

Exercise # 3: Chest Fly**Starting Position****Ending Position****Instructions:**

1. Place tubing behind your back and hold handles at chest height, palms forward
2. With a slight bend in your elbows – bring your hands towards each other

Exercise # 4: Triceps Extension**Starting Position****Ending Position****Instructions:**

1. Hold one end of tubing at chest height and the other beside your waist
2. Extend your elbow down to your side
3. Hold and return to starting position
4. Repeat for other arm

Exercise #5: Biceps Curls**Starting Position****Ending Position****Instructions:**

1. Hold the tubing handles with your palms facing forward
2. Bend you elbows until your hands are at chest height

EXERCISE CLASS #13 (SEATED): TRACKING SHEET

Exercises ↓	Date →										
Calf Raise	Set #1 →										
	Set #2 →										
Lateral to Front Raise	Set #1 →										
	Set #2 →										
Back Extension	Set #1 →										
	Set #2 →										
Abdominal Crunch	Set #1 →										
	Set #2 →										
Oblique Twist	Set #1 →										
	Set #2 →										
Leg Press	Tube Color										
	Set #1 →										
	Set #2 →										
Seated Row	Tube Color										
	Set #1 →										
	Set #2 →										
Chest Fly	Tube Color										
	Set #1 →										
	Set #2 →										
Triceps Extension	Tube Color										
	Set #1 →										
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Biceps Curls	Tube Color										
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EXERCISE TRACKING SHEET - BLANK

(RESISTANCE TUBING)

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