Community Exercise Manual
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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.ontarioonthemove.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.
ACKNOWLEDGMENTS

This manual was developed with the assistance of several individuals who generously contributed time, efforts and talents.

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

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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
# TABLE OF CONTENTS

ABOUT THIS MANUAL ........................................................................................................................................... III
ACKNOWLEDGMENTS ........................................................................................................................................... IV
HOW TO USE THIS MANUAL ........................................................................................................................... IV
BREAKDOWN OF SECTIONS ............................................................................................................................. V
TABLE OF CONTENTS ......................................................................................................................................... VI

## Section 1: Introduction ................................................................................................................................. 1

EXERCISING SAFELY ........................................................................................................................................ 2
- Safety Tips for exercisers ............................................................................................................................... 2
- Rhythmic Breathing ....................................................................................................................................... 3
- Watch Points .................................................................................................................................................. 3
- Progressions of Intensity ............................................................................................................................... 3
- When to Stop Exercising ............................................................................................................................. 4

COMPONENTS OF AN EXERCISE ROUTINE ................................................................................................. 5
- Warm-up and cool-down ............................................................................................................................... 5
- Cardio/Aerobic Exercise .............................................................................................................................. 5
- Resistance/Strength Training ....................................................................................................................... 5
- Stretching ...................................................................................................................................................... 6

FITT PRINCIPLE ............................................................................................................................................... 6

USING RESISTANCE TUBING ......................................................................................................................... 7
- Choosing a Resistance Level ......................................................................................................................... 7

MONITORING INTENSITY ............................................................................................................................. 8
- Heart Rate ..................................................................................................................................................... 8
- Talk Test ....................................................................................................................................................... 8
- Rating Perceived Exertion ............................................................................................................................. 9

MOTIVATION AND GOAL SETTING ............................................................................................................... 10
- MOTIVATION ............................................................................................................................................... 10
- S.M.A.R.T. GOALS ...................................................................................................................................... 11

## Section 2: Agendas ........................................................................................................................................... 13

EXERCISE AGENDAS ....................................................................................................................................... 14
- About agendas ............................................................................................................................................ 14
- Types of agendas ........................................................................................................................................ 14
- Agenda set up ............................................................................................................................................. 14
- Components of exercise ............................................................................................................................ 14

TEACHING AN EXERCISE CLASS .................................................................................................................. 16

EXERCISE CLASS #1 – MIXED (30 MINUTES) ............................................................................................. 17
EXERCISE CLASS #2 – MIXED (30 MINUTES) ............................................................................................. 18
EXERCISE CLASS #3 – MIXED (40 MINUTES) ............................................................................................. 19
Section 3: Cardiovascular exercises

ARM EXERCISES.............................................................................................................. 33
C1 – ARM SWINGS ........................................................................................................ 33
C2 – PUNCHES .............................................................................................................. 33
C3 – SPEED BAG .......................................................................................................... 33
C4 – UPPER CUT ............................................................................................................. 33

LEG EXERCISES.............................................................................................................. 34
C5 – MARCH .................................................................................................................. 34
C6 – STEP TOUCH ......................................................................................................... 34
C7 – V STEP ................................................................................................................... 34
C8 – WALK ON THE SPOT ............................................................................................ 34

FULL BODY EXERCISES............................................................................................... 34
C9 – ALTERNATING HAMSTRING CURLS ...................................................................... 34
C10 – INVISIBLE JUMP ROPE ..................................................................................... 34
C11A – JUMPING JACKS (MODIFIED) ........................................................................ 34
C11B – JUMPING JACKS ............................................................................................... 34
C12 – KNEE STRIKE ....................................................................................................... 34
C13 – SIDE TAP AND REACH ....................................................................................... 34
C14A – TOE TAP AND PULL ........................................................................................ 34
C14B – ABOVE HEAD TOE TAP AND PULL .................................................................. 34

BALANCE EXERCISES.................................................................................................... 35
C15 – GRAPEVINE ......................................................................................................... 35
C16A – HEEL DIGS ......................................................................................................... 35
C16B – HEEL DIGS WITH ARM CIRCLES ..................................................................... 35
C17 – SIDE KICK ............................................................................................................. 35

SEATED EXERCISES ..................................................................................................... 36
C18 – BICYCLE KICKS .................................................................................................... 36
C19 – CHEST PRESS WITH LEG EXTENSION ................................................................. 43
C20 – CRISSCROSS ARMS .......................................................................................... 43
C21 – ROWING .......................................................................................................... 44
C22 – SEATED JUMP ROPE ....................................................................................... 44

**Section 4: resistance exercises** .................................................................................. 45

**LOWER BODY EXERCISES** ..................................................................................... 46
R1A – BODYWEIGHT SHIFTS (SIDE TO SIDE) ........................................................... 46
R1B – BODYWEIGHT SHIFTS (FRONT TO BACK) ....................................................... 46
R2 – CALF RAISE ........................................................................................................... 46
R3 – HAMSTRING CURLS ............................................................................................... 47
R4A – LEG EXTENSION ................................................................................................. 47
R4B – LEG EXTENSION ................................................................................................. 47
R5 – LEG PRESS ............................................................................................................. 48
R6A – LUNGES (CHAIR SUPPORT) .............................................................................. 48
R6B – LUNGES .............................................................................................................. 48
R7 – SIDE LEG RAISE .................................................................................................. 49
R8A – SINGLE LEG KICKBACK ..................................................................................... 49
R8B – SINGLE LEG KICKBACK WITH FRONT REACH .................................................. 49
R9 – SINGLE LEG LIFT .................................................................................................. 50
R10A – SQUATS (WITH CHAIR) .................................................................................... 50
R10B – SQUATS ........................................................................................................... 50
R10C – SQUATS WITH INVISIBLE BOX LIFT ............................................................... 51
R11 – TOE LIFTS .......................................................................................................... 51

**BACK EXERCISES** .................................................................................................... 52
R12 – ARCHER PULLS .................................................................................................... 52
R13 – BACK EXTENSION .............................................................................................. 52
R14 – BENT OVER ROW ............................................................................................... 52
R15 – SEATED ROW ...................................................................................................... 53
R16 – TWO HAND PULLS .............................................................................................. 53

**CHEST EXERCISES** .................................................................................................. 54
R17 – CHEST FLY .......................................................................................................... 54
R18A – CHEST PRESS ................................................................................................... 54
R18B – CHEST PRESS ................................................................................................... 54
R19 – CHEST SQUEEZE ................................................................................................. 55

**SHOULDER EXERCISES** .......................................................................................... 56
R20 – FRONT RAISE ...................................................................................................... 56
R21 – LATERAL RAISE .................................................................................................. 56
R22A – LATERAL TO FRONT RAISE ........................................................................... 56
R22B – LATERAL TO FRONT RAISE ........................................................................... 57
R23 – OVERHEAD SHOULDER PRESS ........................................................................ 57
R24 – PADDLING ........................................................................................................... 57
### Section 5: Stretches

**Dynamic Stretches** (Upper Body) .......................................................... 66
- S1A – Head Nods ................................................................................. 66
- S1B – Head Turns ............................................................................... 66
- S1C – Head Rolls ................................................................................ 66
- S2A – Shoulder Rolls ........................................................................ 67
- S2B – Shoulder Circles ...................................................................... 67
- S3A – Trunk Rotations ...................................................................... 67
- S3B – Alternating Toe Touch .............................................................. 68
- S4 – Wrist Rotations .......................................................................... 68

**Dynamic Stretches** (Lower Body) ......................................................... 69
- S5 – Ankle Rolls ................................................................................. 69
- S6A – Forward and Back Leg Swings .................................................. 69
- S6B – Side Leg Swings ....................................................................... 69

**Static Stretches** (Upper Body) ............................................................. 70
- S7 – Biceps ......................................................................................... 70
- S8 – Chest .......................................................................................... 70
- S9 – Fingers and Wrists .................................................................... 70
- +S10 – Low Back ............................................................................... 71
- S11 – Neck .......................................................................................... 71
- S12 – Oblique ..................................................................................... 71
- S13 – Shoulder .................................................................................. 72
- S14A – Triceps (Hand on Arm) .......................................................... 72
EXERCISE CLASS #6: TRACKING SHEET .................................................................................................................. 106
EXERCISE CLASS #11 (SEATED): DESCRIPTIONS  (1/2)...................................................................................... 107
EXERCISE CLASS #11 (SEATED): DESCRIPTIONS  (2/2)...................................................................................... 108
EXERCISE CLASS #11 (SEATED): TRACKING SHEET ........................................................................................... 109
EXERCISE CLASS #12 (SEATED): DESCRIPTIONS (BODYWEIGHT)  (1/2)......................................................... 110
EXERCISE CLASS #12 (SEATED): DESCRIPTIONS (RESISTANCE TUBING)  (2/2)............................... 111
EXERCISE CLASS #12 (SEATED): TRACKING SHEET ........................................................................................... 112
EXERCISE CLASS #13 (SEATED): DESCRIPTIONS (BODYWEIGHT)  (1/2)......................................................... 113
EXERCISE CLASS #13 (SEATED): DESCRIPTIONS (RESISTANCE TUBING)  (2/2)............................... 114
EXERCISE CLASS #13 (SEATED): TRACKING SHEET ........................................................................................... 115
EXERCISE TRACKING SHEET - BLANK  (BODY WEIGHT) ...................................................................................... 116
EXERCISE TRACKING SHEET - BLANK  (RESISTANCE TUBING) ........................................................................... 117
EXERCISE TRACKING SHEET - BLANK  (MIXED)................................................................................................. 118
EXERCISE TRACKING SHEET - BLANK  (MIXED)................................................................................................. 119
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

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

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 at 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, than 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 were 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 exercises to breath 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 your carry your groceries)
EXERCISE CLASS #1 – MIXED
(30 MINUTES)

**Module 1**

10 Minutes

<table>
<thead>
<tr>
<th>Dynamic Stretches</th>
<th>3 Minutes</th>
</tr>
</thead>
<tbody>
<tr>
<td>Shoulder Rolls (S2a)</td>
<td></td>
</tr>
<tr>
<td>Trunk Rotations (S3a)</td>
<td></td>
</tr>
<tr>
<td>Forward and Back Leg Swings (S6a)</td>
<td></td>
</tr>
<tr>
<td>Ankle Rolls (S5)</td>
<td></td>
</tr>
<tr>
<td>Wrist Rotations (S4)</td>
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<tr>
<td>Head Nods (S1a)</td>
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</table>

**Warm Up**

5 Minutes

<table>
<thead>
<tr>
<th>Warm Up</th>
</tr>
</thead>
<tbody>
<tr>
<td>Arm Swings (C1)</td>
</tr>
<tr>
<td>March (C5)</td>
</tr>
<tr>
<td>V Step (C7)</td>
</tr>
<tr>
<td>Step Touch (C6)</td>
</tr>
<tr>
<td>Punches (C2)</td>
</tr>
</tbody>
</table>

**1 Minute Water Break**

**Module 2**

10 Minutes

<table>
<thead>
<tr>
<th>Bodyweight Exercises</th>
<th>8 Minutes</th>
</tr>
</thead>
<tbody>
<tr>
<td>Abdominal Draw In (R30)</td>
<td></td>
</tr>
<tr>
<td>Squats (With Chair) (R10a)</td>
<td></td>
</tr>
<tr>
<td>Calf Raise – Alternating (R2)</td>
<td></td>
</tr>
<tr>
<td>Chest Press (R18a)</td>
<td></td>
</tr>
<tr>
<td>Shoulder Rotations (R25a)</td>
<td></td>
</tr>
<tr>
<td>Triceps Extension (29a)</td>
<td></td>
</tr>
<tr>
<td>Biceps Curls (R27a)</td>
<td></td>
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<tr>
<td>Bodyweight Shifts (Side to Side) (R1a)</td>
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**1 Minute Water Break**

**Module 3**

10 Minutes

<table>
<thead>
<tr>
<th>Cool Down</th>
</tr>
</thead>
<tbody>
<tr>
<td>Arm Swings (C1)</td>
</tr>
<tr>
<td>Walk On The Spot (C8)</td>
</tr>
<tr>
<td>Toe Tap and Pull (C14a)</td>
</tr>
<tr>
<td>Punches (C2)</td>
</tr>
<tr>
<td>V Step (C7)</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Static Stretches</th>
<th>3 Minutes</th>
</tr>
</thead>
<tbody>
<tr>
<td>Neck (S11)</td>
<td></td>
</tr>
<tr>
<td>Shoulder (S13)</td>
<td></td>
</tr>
<tr>
<td>Triceps (Hand on Arm) (S14a)</td>
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<tr>
<td>Chest (S8)</td>
<td></td>
</tr>
<tr>
<td>Fingers and Wrist (S9)</td>
<td></td>
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<tr>
<td>Quadriceps (S18)</td>
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</tbody>
</table>

Perform each stretch for 30 seconds.
Perform each exercise for 30 seconds and repeat.
Perform each exercise for 30 seconds and repeat.
Hold each stretch for 30 seconds.
## EXERCISE CLASS #2 – MIXED  (30 MINUTES)

<table>
<thead>
<tr>
<th>Module 1 10 Minutes</th>
<th>Dynamic Stretches</th>
<th>Warm Up</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td>Shoulder Rolls (S2a)</td>
<td>March (C5)</td>
</tr>
<tr>
<td></td>
<td>Wrist Rotations (S4)</td>
<td>Step Touch (C6)</td>
</tr>
<tr>
<td></td>
<td>Trunk Rotations (S3a)</td>
<td>Grapevine (C15)</td>
</tr>
<tr>
<td></td>
<td>Forward and Back Leg Swings (S6a)</td>
<td>Punches (C2)</td>
</tr>
<tr>
<td></td>
<td>Ankle Rolls (S5)</td>
<td>Speed Bag (C3)</td>
</tr>
<tr>
<td></td>
<td>Head Turns (S1b)</td>
<td>Perform each exercise for 30 seconds and repeat.</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Module 1 10 Minutes</th>
<th>Dynamic Stretches</th>
<th>Warm Up</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td>3 Minutes</td>
<td>5 Minutes</td>
</tr>
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</table>

<table>
<thead>
<tr>
<th>Module 1 10 Minutes</th>
<th>Dynamic Stretches</th>
<th>Warm Up</th>
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<tbody>
<tr>
<td></td>
<td>Perform each stretch for 30 seconds.</td>
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<table>
<thead>
<tr>
<th>Module 2 10 Minutes</th>
<th>Bodyweight Exercises</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td>Abdominal Draw In (R30)</td>
</tr>
<tr>
<td></td>
<td>Squats (With Chair) (R10a)</td>
</tr>
<tr>
<td></td>
<td>Hamstring Curls (R3)</td>
</tr>
<tr>
<td></td>
<td>Lateral to Front Raise (R22a)</td>
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<table>
<thead>
<tr>
<th>Module 2 10 Minutes</th>
<th>Bodyweight Exercises</th>
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<tbody>
<tr>
<td></td>
<td>8 Minutes</td>
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<table>
<thead>
<tr>
<th>Module 2 10 Minutes</th>
<th>Bodyweight Exercises</th>
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</thead>
<tbody>
<tr>
<td></td>
<td>Perform each exercise for 30 seconds.</td>
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</table>

<table>
<thead>
<tr>
<th>Module 2 10 Minutes</th>
<th>Bodyweight Exercises</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td>Take a water break and repeat.</td>
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</table>

<table>
<thead>
<tr>
<th>Module 3 10 Minutes</th>
<th>Static Stretches</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td>Shoulder (S13)</td>
</tr>
<tr>
<td></td>
<td>Triceps (Hand on Arm) (S14a)</td>
</tr>
<tr>
<td></td>
<td>Biceps (S7)</td>
</tr>
<tr>
<td></td>
<td>Chest (S8)</td>
</tr>
<tr>
<td></td>
<td>Upper Back (S15)</td>
</tr>
<tr>
<td></td>
<td>Quadriceps (S18)</td>
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</table>

<table>
<thead>
<tr>
<th>Module 3 10 Minutes</th>
<th>Static Stretches</th>
</tr>
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<tbody>
<tr>
<td></td>
<td>3 Minutes</td>
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<table>
<thead>
<tr>
<th>Module 3 10 Minutes</th>
<th>Static Stretches</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td>Hold each stretch for 30 seconds.</td>
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</table>
## EXERCISE CLASS #3 – MIXED

<table>
<thead>
<tr>
<th>Time</th>
<th>Module</th>
<th>Activity</th>
</tr>
</thead>
<tbody>
<tr>
<td>10 Min</td>
<td>Module 1</td>
<td><strong>Dynamic Stretches</strong>&lt;br&gt;Shoulder Circles (S2b)&lt;br&gt;Trunk Rotations (S3a)&lt;br&gt;Forward and Back Leg Swings (S6a)&lt;br&gt;Side Leg Swings (S6b)&lt;br&gt;Ankle Rolls (S5)&lt;br&gt;Head Turns (S1b)</td>
</tr>
<tr>
<td></td>
<td>Warm Up</td>
<td>March (C5)&lt;br&gt;V Step (C7)&lt;br&gt;Grapevine (C15)&lt;br&gt;Alternating Hamstring Curls (C9)&lt;br&gt;Jumping Jacks (Modified) (C11a)</td>
</tr>
<tr>
<td></td>
<td>1 Minute Water Break</td>
<td></td>
</tr>
<tr>
<td>10 Min</td>
<td>Module 2</td>
<td><strong>Bodyweight Exercises</strong>&lt;br&gt;Squats (R10b)&lt;br&gt;Calf Raise (R2)&lt;br&gt;Shoulder Rotations (R25a)&lt;br&gt;Single Leg Kickback (R8a)&lt;br&gt;Standing Oblique Twist (R33a)</td>
</tr>
<tr>
<td></td>
<td>1 Minute Water Break</td>
<td></td>
</tr>
<tr>
<td>10 Min</td>
<td>Module 3</td>
<td><strong>Resistance Tubing Exercises</strong>&lt;br&gt;Two Hand Pulls (R16)&lt;br&gt;Chest Fly (R17)&lt;br&gt;Lateral Raise (R21)&lt;br&gt;Triceps Extension (R29b)&lt;br&gt;Biceps Curls (R27b)</td>
</tr>
<tr>
<td></td>
<td>1 Minute Water Break</td>
<td></td>
</tr>
<tr>
<td>10 Min</td>
<td>Module 4</td>
<td><strong>Cool Down</strong>&lt;br&gt;March (C5)&lt;br&gt;V Step (C7)&lt;br&gt;Step Touch (C6)&lt;br&gt;Grapevine (C15)&lt;br&gt;Toe Tap and Pull (C14a)</td>
</tr>
<tr>
<td></td>
<td><strong>Static Stretches</strong>&lt;br&gt;Shoulder (S13)&lt;br&gt;Triceps (Hand on Arm) (S14a)&lt;br&gt;Upper Back (S15)&lt;br&gt;Chest (S8)&lt;br&gt;Oblique (S12)&lt;br&gt;Quadriceps (S18)</td>
<td>3 Min</td>
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</tbody>
</table>
# EXERCISE CLASS #4 – MIXED

## Dynamic Stretches
- 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
- 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
- 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
- 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
- March (C5)
- Step Touch (C6)
- Grapevine (C15)
- Punches (C2)
- Upper Cut (C4)

**Perform each exercise for 30 seconds and repeat.**

## Static Stretches
- Shoulder (S13)
- Triceps (Hand on Elbow) (S14b)
- Biceps (S7)
- Upper Back (S15)
- Quadriceps (S18)
- Hamstrings (S17)

**Hold each stretch for 30 seconds.**
## EXERCISE CLASS #5 – MIXED

### Module 1
**10 Minutes**

**Dynamic Stretches**
- 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**
- Upper Cut (C4)
- Alternating Hamstring Curls (C9)
- Grapevine (C15)
- Invisible Jump Rope (C10)
- Jumping Jacks (C11b)

**Perform each exercise for 30 seconds and repeat.**

<table>
<thead>
<tr>
<th>Module 2</th>
<th>12 Minutes</th>
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</thead>
<tbody>
<tr>
<td><strong>Bodyweight Exercises</strong></td>
<td>10 Minutes</td>
</tr>
<tr>
<td>Lunges (Chair Support) (R6a)</td>
<td>Perform each exercise for 60 seconds and repeat.</td>
</tr>
<tr>
<td>Single Leg Kickback with Front Reach (R8b)</td>
<td></td>
</tr>
<tr>
<td>Hamstring Curls (R3)</td>
<td></td>
</tr>
<tr>
<td>Abdominal Crunch (R31)</td>
<td></td>
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<tr>
<td>Woodchoppers (R35)</td>
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<table>
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<th>12 Minutes</th>
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<tbody>
<tr>
<td><strong>Resistance Tubing Exercises</strong></td>
<td>10 Minutes</td>
</tr>
<tr>
<td>Bent Over Row (R14)</td>
<td>Perform each exercise for 60 seconds and repeat.</td>
</tr>
<tr>
<td>Chest Press (R18b)</td>
<td></td>
</tr>
<tr>
<td>Overhead Shoulder Press (R23)</td>
<td></td>
</tr>
<tr>
<td>Above Head Triceps Extension (R29c)</td>
<td></td>
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<tr>
<td>Arm Circles (R26)</td>
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<table>
<thead>
<tr>
<th>Module 4</th>
<th>10 Minutes</th>
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<tbody>
<tr>
<td><strong>Cool Down</strong></td>
<td>5 Minutes</td>
</tr>
<tr>
<td>March (C5)</td>
<td>Perform each exercise for 30 seconds and repeat.</td>
</tr>
<tr>
<td>V Step (C7)</td>
<td></td>
</tr>
<tr>
<td>Grapevine (C15)</td>
<td></td>
</tr>
<tr>
<td>Toe Tap and Pull (C14a)</td>
<td></td>
</tr>
<tr>
<td>Side Tap and Reach (C13)</td>
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<table>
<thead>
<tr>
<th>Module 4</th>
<th>10 Minutes</th>
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<tbody>
<tr>
<td><strong>Static Stretches</strong></td>
<td>3 Minutes</td>
</tr>
<tr>
<td>Shoulder (S13)</td>
<td>Hold each stretch for 30 seconds.</td>
</tr>
<tr>
<td>Triceps (Hand on Elbow) (S14b)</td>
<td></td>
</tr>
<tr>
<td>Upper Back (S15)</td>
<td></td>
</tr>
<tr>
<td>Chest (S8)</td>
<td></td>
</tr>
<tr>
<td>Quadriceps (S18)</td>
<td></td>
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<tr>
<td>Calf (S16)</td>
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## EXERCISE CLASS #6 – MIXED

**(45 MINUTES)**

<table>
<thead>
<tr>
<th>Module 1</th>
<th>10 Minutes</th>
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</thead>
<tbody>
<tr>
<td><strong>Dynamic Stretches</strong></td>
<td><strong>3 Minutes</strong></td>
</tr>
<tr>
<td>Shoulder Circles (S2b)</td>
<td>Perform each stretch for 30 seconds.</td>
</tr>
<tr>
<td>Alternating Toe Touch (S3b)</td>
<td></td>
</tr>
<tr>
<td>Forward and Back Leg Swings (S6a)</td>
<td></td>
</tr>
<tr>
<td>Side Leg Swings (S6b)</td>
<td></td>
</tr>
<tr>
<td>Head Rolls (S1c)</td>
<td></td>
</tr>
<tr>
<td>Ankle Rolls (S5)</td>
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<table>
<thead>
<tr>
<th><strong>Warm Up</strong></th>
<th><strong>5 Minutes</strong></th>
</tr>
</thead>
<tbody>
<tr>
<td>Side Tap and Reach (C13)</td>
<td>Perform each exercise for 30 seconds and repeat.</td>
</tr>
<tr>
<td>Jumping Jacks (C11b)</td>
<td></td>
</tr>
<tr>
<td>Heel Digs with Arm Circles (C16b)</td>
<td></td>
</tr>
<tr>
<td>Knee Strike (C12)</td>
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<tr>
<td>Side Kick (C17)</td>
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| **1 Minute Water Break** | |
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<table>
<thead>
<tr>
<th>Module 2</th>
<th>12 Minutes</th>
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<tbody>
<tr>
<td><strong>Bodyweight Exercises</strong></td>
<td><strong>10 Minutes</strong></td>
</tr>
<tr>
<td>Lunges (R6b)</td>
<td>Perform each exercise for 60 seconds and repeat.</td>
</tr>
<tr>
<td>Calf Raise (R2)</td>
<td></td>
</tr>
<tr>
<td>Back Extension (R13)</td>
<td></td>
</tr>
<tr>
<td>Abdominal Crunch (R31)</td>
<td></td>
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<tr>
<td>Seated Oblique Twist (R33b)</td>
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| **1 Minute Water Break** | |
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<thead>
<tr>
<th>Module 3</th>
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<tbody>
<tr>
<td><strong>Resistance Tubing Exercises</strong></td>
<td><strong>10 Minutes</strong></td>
</tr>
<tr>
<td>Bent Over Row (R14)</td>
<td>Perform each exercise for 60 seconds and repeat.</td>
</tr>
<tr>
<td>Chest Press (R18b)</td>
<td></td>
</tr>
<tr>
<td>Lateral to Front Raise (R22b)</td>
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<tr>
<td>Above Head Triceps Extension (R29c)</td>
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<td>Arm Circles (R26)</td>
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| **1 Minute Water Break** | |
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<table>
<thead>
<tr>
<th>Module 4</th>
<th>10 Minutes</th>
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<tbody>
<tr>
<td><strong>Cool Down</strong></td>
<td><strong>5 Minutes</strong></td>
</tr>
<tr>
<td>March (C5)</td>
<td>Perform each exercise for 30 seconds and repeat.</td>
</tr>
<tr>
<td>Alternating Hamstring Curls (C9)</td>
<td></td>
</tr>
<tr>
<td>Grapevine (C15)</td>
<td></td>
</tr>
<tr>
<td>Upper Cut (C4)</td>
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<tr>
<td>Side Tap and Reach (C13)</td>
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<tr>
<th><strong>Static Stretches</strong></th>
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<tbody>
<tr>
<td>Shoulder (S13)</td>
<td>Hold each stretch for 30 seconds.</td>
</tr>
<tr>
<td>Triceps (Hand on Elbow) (S14b)</td>
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<tr>
<td>Upper Back (S15)</td>
<td></td>
</tr>
<tr>
<td>Hamstrings (S17)</td>
<td></td>
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<tr>
<td>Quadriceps (S18)</td>
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<td>Calf (S16)</td>
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</table>
## EXERCISE CLASS #7 – CARDIO

(25 MINUTES)

<table>
<thead>
<tr>
<th>Module 1</th>
<th>5 Minutes</th>
<th>Dynamic Stretches</th>
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<tbody>
<tr>
<td></td>
<td></td>
<td>Shoulder Rolls</td>
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<td>(S2a)</td>
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<td></td>
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<td>Trunk Rotations</td>
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<td></td>
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<td>(S3a)</td>
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<tr>
<td></td>
<td></td>
<td>Forward and Back Leg Swings</td>
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<td>(S6a)</td>
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<td>Ankle Rolls</td>
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<td>Wrist Rotations</td>
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<td>Head Nods</td>
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### 1 Minute Water Break

<table>
<thead>
<tr>
<th>Module 2</th>
<th>6 Minutes</th>
<th>Cardiovascular Exercises</th>
<th>5 Minutes</th>
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<tbody>
<tr>
<td></td>
<td></td>
<td>Arm Swings (C1)</td>
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<td></td>
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<td>V Step (C7)</td>
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<td>Toe Tap and Pull (C14a)</td>
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<td>Speed Bag (C3)</td>
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<tr>
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<td>Perform each exercise for 30 seconds and repeat.</td>
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</table>

### 1 Minute Water Break

<table>
<thead>
<tr>
<th>Module 3</th>
<th>6 Minutes</th>
<th>Cardiovascular Exercises</th>
<th>5 Minutes</th>
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<tbody>
<tr>
<td></td>
<td></td>
<td>Step Touch (C6)</td>
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<td></td>
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<td>Grapevine (C15)</td>
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<td>Alternating Hamstring Curls (C9)</td>
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<td>Punches (C2)</td>
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<td>Upper Cut (C4)</td>
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### 1 Minute Water Break

<table>
<thead>
<tr>
<th>Module 4</th>
<th>5 Minutes</th>
<th>Static Stretches</th>
<th>3 Minutes</th>
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<tbody>
<tr>
<td></td>
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<td>Shoulder (S13)</td>
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</tr>
<tr>
<td></td>
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<td>Chest (S8)</td>
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</tr>
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<td></td>
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<td>Upper Back (S15)</td>
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<tr>
<td></td>
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<td>Hamstrings (S17)</td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td>Quadriceps (S18)</td>
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</tr>
<tr>
<td></td>
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<td>Calf (S16)</td>
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</tr>
<tr>
<td></td>
<td></td>
<td>Hold each stretch for 30 seconds.</td>
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</table>
# Exercisc Class #8 – Cardio

## Module 1

<table>
<thead>
<tr>
<th>Dynamic Stretches</th>
<th>3 Minutes</th>
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</thead>
<tbody>
<tr>
<td>Shoulder Circles (S2b)</td>
<td></td>
</tr>
<tr>
<td>Alternating Toe Touch (S3b)</td>
<td></td>
</tr>
<tr>
<td>Forward and Back Leg Swings (S6a)</td>
<td></td>
</tr>
<tr>
<td>Side Leg Swings (S6b)</td>
<td></td>
</tr>
<tr>
<td>Ankle Rolls (S5)</td>
<td></td>
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<tr>
<td>Head Rolls (S1c)</td>
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</tbody>
</table>

### 1 Minute Water Break

### Cardiovascular Exercises

<table>
<thead>
<tr>
<th>March (C5)</th>
<th>5 Minutes</th>
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</thead>
<tbody>
<tr>
<td>V Step (C7)</td>
<td></td>
</tr>
<tr>
<td>Step Touch (C6)</td>
<td></td>
</tr>
<tr>
<td>Side Tap and Reach (C13)</td>
<td></td>
</tr>
<tr>
<td>Alternating Hamstring Curls (C9)</td>
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</tr>
</tbody>
</table>

### 1 Minute Water Break

### Module 2

### Cardiovascular Exercises

<table>
<thead>
<tr>
<th>Invisible Jump Rope (C10)</th>
<th>5 Minutes</th>
</tr>
</thead>
<tbody>
<tr>
<td>Heel Digs (C16a)</td>
<td></td>
</tr>
<tr>
<td>Jumping Jacks (C11b)</td>
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<tr>
<td>Punches (C2)</td>
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<tr>
<td>Knee Strike (C12)</td>
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</tbody>
</table>

### 1 Minute Water Break

### Module 3

### Static Stretches

<table>
<thead>
<tr>
<th>Shoulder (S13)</th>
<th>3 Minutes</th>
</tr>
</thead>
<tbody>
<tr>
<td>Chest (S8)</td>
<td></td>
</tr>
<tr>
<td>Upper Back (S15)</td>
<td></td>
</tr>
<tr>
<td>Hamstrings (S17)</td>
<td></td>
</tr>
<tr>
<td>Quadriceps (S18)</td>
<td></td>
</tr>
<tr>
<td>Calf (S16)</td>
<td></td>
</tr>
</tbody>
</table>

**Total Duration:** 25 Minutes
### EXERCISE CLASS #9 – CIRCUIT

**Module 1**

**10 Minutes**

**Dynamic Stretches**
- Shoulder Circles (S2b)
- Alternating Toe Touch (S3b)
- Forward and Back Leg Swings (S6a)
- Ankle Rolls (S5)

**Cardio**
- Side Tap and Reach (C13)
- Invisible Jump Rope (C10)
- Punches (C2)

**Bodyweight Exercises**
- Squats (R10b)
- Hamstring Curls (R3)
- Standing Oblique Twist (R33a)

**1 Minute Water Break**

**Module 2**

**8 Minutes**

**Cardio**
- Side Tap and Reach (C13)
- Invisible Jump Rope (C10)
- Punches (C2)

**Resistance Tubing Exercises**
- Two Hand Pulls (R16)
- Chest Fly (R17)
- Shoulder Rotations (R25b)

**1 Minute Water Break**

**Module 3**

**8 Minutes**

**Cardio**
- Side Tap and Reach (C13)
- Invisible Jump Rope (C10)
- Punches (C2)

**Resistance Tubing Exercises**
- Overhead Shoulder Press (R23)
- Above Head Triceps Extension (R29c)
- Hammer Curls (R28)

**1 Minute Water Break**

**Module 4**

**8 Minutes**

**Cool Down**
- March (C5)
- V Step (C7)
- Alternating Hamstring Curls (C9)
- Toe Tap and Pull (C14a)

**Static Stretches**
- Shoulder (S13)
- Triceps (Hand on Elbow) (S14b)
- Upper Back (S15)
- Chest (S8)
- Quadriceps (S18)
- Hamstrings (S17)

**Total Time: 35 Minutes**
# EXERCISE CLASS #10 – CIRCUIT

## Module 1

**10 Minutes**

### Dynamic Stretches
- Shoulder Circles (S2b)
- Alternating Toe Touch (S3b)
- Forward and Back Leg Swings (S6a)
- Ankle Rolls (S5)

**Perform each stretch for 30 seconds.**

### Cardio
- Upper Cut (C4)
- Knee Strike (C12)
- Side Kick (C17)

**Perform each exercise for 60 seconds.**

### Bodyweight Exercises
- Back Extension (R13)
- Abdominal Crunch (R31)
- Lunges (R6b)

**Perform each exercise for 60 seconds.**

**1 Minute Water Break**

### Cardio
- Upper Cut (C4)
- Knee Strike (C12)
- Side Kick (C17)

**Perform each exercise for 60 seconds.**

### Resistance Tubing Exercises
- Bent Over Row (R14)
- Chest Press (R18b)
- Archer Pulls (R12)

**Perform each exercise for 60 seconds.**

**1 Minute Water Break**

### Cardio
- Upper Cut (C4)
- Knee Strike (C12)
- Side Kick (C17)

**Perform each exercise for 60 seconds.**

### Resistance Tubing Exercises
- 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
- March (C5)
- V Step (C7)
- Alternating Hamstring Curls (C9)
- Toe Tap and Pull (C14a)

**Perform each exercise for 30 seconds and repeat.**

### Static Stretches
- Shoulder (S13)
- Triceps (Hand on Elbow) (S14b)
- Upper Back (S15)
- Chest (S8)
- Quadriceps (S18)
- Hamstrings (S17)

**Hold each stretch for 30 seconds.**

## Module 2

**8 Minutes**

### Cardio
- Upper Cut (C4)
- Knee Strike (C12)
- Side Kick (C17)

**Perform each exercise for 60 seconds.**

### Resistance Tubing Exercises
- Bent Over Row (R14)
- Chest Press (R18b)
- Archer Pulls (R12)

**Perform each exercise for 60 seconds.**

**1 Minute Water Break**

### Cardio
- Upper Cut (C4)
- Knee Strike (C12)
- Side Kick (C17)

**Perform each exercise for 60 seconds.**

### Resistance Tubing Exercises
- 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
- March (C5)
- V Step (C7)
- Alternating Hamstring Curls (C9)
- Toe Tap and Pull (C14a)

**Perform each exercise for 30 seconds and repeat.**

### Static Stretches
- Shoulder (S13)
- Triceps (Hand on Elbow) (S14b)
- Upper Back (S15)
- Chest (S8)
- Quadriceps (S18)
- Hamstrings (S17)

**Hold each stretch for 30 seconds.**

## Module 3

**8 Minutes**

### Cardio
- Upper Cut (C4)
- Knee Strike (C12)
- Side Kick (C17)

**Perform each exercise for 60 seconds.**

### Resistance Tubing Exercises
- 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
- March (C5)
- V Step (C7)
- Alternating Hamstring Curls (C9)
- Toe Tap and Pull (C14a)

**Perform each exercise for 30 seconds and repeat.**

### Static Stretches
- Shoulder (S13)
- Triceps (Hand on Elbow) (S14b)
- Upper Back (S15)
- Chest (S8)
- Quadriceps (S18)
- Hamstrings (S17)

**Hold each stretch for 30 seconds.**

## Module 4

**8 Minutes**

### Cool Down
- March (C5)
- V Step (C7)
- Alternating Hamstring Curls (C9)
- Toe Tap and Pull (C14a)

**Perform each exercise for 30 seconds.**

### Static Stretches
- Shoulder (S13)
- Triceps (Hand on Elbow) (S14b)
- Upper Back (S15)
- Chest (S8)
- Quadriceps (S18)
- Hamstrings (S17)

**Hold each stretch for 30 seconds.**
# EXERCISE CLASS #11 – SEATED MIXED

## Module 1

### 10 Minutes

**Dynamic Stretches**

- Shoulder Rolls (S2a)
- Trunk Rotations (S3a)
- Ankle Rolls (S5)
- Wrist Rotations (S4)
- Head Nods (S1a)

**Warm Up**

- Arm Swings (C1)
- March (C5)
- V Step (C7)
- Heel Digs (C16a)
- Speed Bag (C3)

### 1 Minute Water Break

## Module 2

### 10 Minutes

**Bodyweight Exercises**

- 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)

### 1 Minute Water Break

## Module 3

### 10 Minutes

**Cool Down**

- Arm Swings (C1)
- Crisscross Arms (C20)
- March (C5)
- V Step (C7)
- Speed Bag (C3)

**Static Stretches**

- Neck (S11)
- Shoulder (S13)
- Upper Back (S15)
- Chest (S8)
- Triceps (Hand on Arm) (S14a)
- Fingers and Wrists (S9)

---

Perform each stretch for 30 seconds.

Perform each exercise for 30 seconds and repeat.

Perform each exercise for 30 seconds and repeat.

Hold each stretch for 30 seconds.
## EXERCISE CLASS #12 – SEATED MIXED

(40 MINUTES)

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<th>Module 1</th>
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<tbody>
<tr>
<td><strong>Dynamic Stretches</strong></td>
<td>2.5 Minutes</td>
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<tr>
<td>Shoulder Circles (S2b)</td>
<td>Perform each stretch for 30 seconds.</td>
</tr>
<tr>
<td>Wrist Rotations (S4)</td>
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</tr>
<tr>
<td>Trunk Rotations (S3a)</td>
<td></td>
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<tr>
<td>Ankle Rolls (S5)</td>
<td></td>
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<tr>
<td>Head Turns (S1b)</td>
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<thead>
<tr>
<th>Warm Up</th>
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<tbody>
<tr>
<td>Crisscross Arms (C20)</td>
<td>Perform each exercise for 30 seconds and repeat.</td>
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<tr>
<td>March at Fast Pace (C5)</td>
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<tr>
<td>Heel Digs (C16a)</td>
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<tr>
<td>Rowing (C21)</td>
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<tr>
<td>Punches (C2)</td>
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<tr>
<th>1 Minute Water Break</th>
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<thead>
<tr>
<th>Module 2</th>
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<tbody>
<tr>
<td><strong>Bodyweight Exercises</strong></td>
<td>7.5 Minutes</td>
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<tr>
<td>Abdominal Draw In (R30)</td>
<td>Perform each exercise for 45 seconds and repeat.</td>
</tr>
<tr>
<td>Chest Press (R18a)</td>
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<tr>
<td>Lateral to Front Raise (R22a)</td>
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<td>Woodchoppers (R35)</td>
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<td>Back Extension (R13)</td>
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<th>1 Minute Water Break</th>
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<thead>
<tr>
<th>Module 3</th>
<th>10 Minutes</th>
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<tbody>
<tr>
<td><strong>Resistance Tubing Exercises</strong></td>
<td>7.5 Minutes</td>
</tr>
<tr>
<td>Leg Extension (R4b)</td>
<td>Perform each exercise for 45 seconds and repeat.</td>
</tr>
<tr>
<td>Archer Pulls (R12)</td>
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<tr>
<td>Paddling (R24)</td>
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<tr>
<td>Triceps Extension (R29b)</td>
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<td>Biceps Curls (R27b)</td>
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<thead>
<tr>
<th>1 Minute Water Break</th>
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<table>
<thead>
<tr>
<th>Module 4</th>
<th>10 Minutes</th>
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<tbody>
<tr>
<td><strong>Cool Down</strong></td>
<td>5 Minutes</td>
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<tr>
<td>Arm Swings (C1)</td>
<td>Perform each exercise for 30 seconds and repeat.</td>
</tr>
<tr>
<td>March (C5)</td>
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<tr>
<td>V Step (C7)</td>
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<tr>
<td>Chest Press with Leg Extension (C19)</td>
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<tr>
<td>Crisscross Arms (C20)</td>
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<table>
<thead>
<tr>
<th><strong>Static Stretches</strong></th>
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<tbody>
<tr>
<td>Neck (S11)</td>
<td>Hold each stretch for 30 seconds.</td>
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<tr>
<td>Shoulder (S13)</td>
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<tr>
<td>Upper Back (S15)</td>
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</tr>
<tr>
<td>Triceps (Hand on Elbow) (S14b)</td>
<td></td>
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<tr>
<td>Fingers and Wrists (S9)</td>
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# EXERCISE CLASS #13 – SEATED MIXED

(45 MINUTES)

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<tbody>
<tr>
<td></td>
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<td>Trunk Rotations (S3a)</td>
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<td></td>
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<td>Wrist Rotations (S4)</td>
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<tr>
<td></td>
<td></td>
<td>Ankle Rolls (S5)</td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td>Head Rolls (S1c)</td>
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<tr>
<td></td>
<td></td>
<td><strong>Perform each stretch for 30 seconds.</strong></td>
<td></td>
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</tbody>
</table>

<table>
<thead>
<tr>
<th>Module 2</th>
<th>12 Minutes</th>
<th>Warm Up</th>
<th>5 Minutes</th>
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<tbody>
<tr>
<td></td>
<td></td>
<td>Chest Press with Leg Extension (C19)</td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td>Seated Jump Rope (C22)</td>
<td></td>
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<tr>
<td></td>
<td></td>
<td>Side Tap and Reach (C13)</td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td>Jumping Jacks (Modified) (C11a)</td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td>Bicycle Kicks (C18)</td>
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<tr>
<td></td>
<td></td>
<td><strong>Perform each exercise for 30 seconds and repeat.</strong></td>
<td></td>
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</tbody>
</table>

## 1 Minute Water Break

<table>
<thead>
<tr>
<th>Module 3</th>
<th>12 Minutes</th>
<th>Bodyweight Exercises</th>
<th>10 Minutes</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td></td>
<td>Calf Raise (R2)</td>
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<tr>
<td></td>
<td></td>
<td>Lateral to Front Raise (R22a)</td>
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<td></td>
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<td>Back Extension (R13)</td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td>Abdominal Crunch (R31)</td>
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</tr>
<tr>
<td></td>
<td></td>
<td>Seated Oblique Twist (R33b)</td>
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<tr>
<td></td>
<td></td>
<td><strong>Perform each exercise for 60 seconds and repeat.</strong></td>
<td></td>
</tr>
</tbody>
</table>

## 1 Minute Water Break

<table>
<thead>
<tr>
<th>Module 4</th>
<th>10 Minutes</th>
<th>Resistance Tubing Exercises</th>
<th>10 Minutes</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td></td>
<td>Leg Press (R5)</td>
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<td>Seated Row (R15)</td>
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<td></td>
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<td>Chest Fly (R17)</td>
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</tr>
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<td></td>
<td></td>
<td>Triceps Extension (R29b)</td>
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</tr>
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<td></td>
<td></td>
<td>Biceps Curls (R27b)</td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td><strong>Perform each exercise for 60 seconds and repeat.</strong></td>
<td></td>
</tr>
</tbody>
</table>

## 1 Minute Water Break

<table>
<thead>
<tr>
<th>Module 4</th>
<th>10 Minutes</th>
<th>Cool Down</th>
<th>5 Minutes</th>
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<tbody>
<tr>
<td></td>
<td></td>
<td>Arm Swings (C1)</td>
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<td></td>
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<td>March (C5)</td>
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<td>V Step (C7)</td>
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<td>Side Tap and Reach (C13)</td>
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<td>Punches (C2)</td>
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<td><strong>Perform each exercise for 30 seconds and repeat.</strong></td>
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<table>
<thead>
<tr>
<th>Module 4</th>
<th>10 Minutes</th>
<th>Static Stretches</th>
<th>3 Minutes</th>
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</thead>
<tbody>
<tr>
<td></td>
<td></td>
<td>Neck (S11)</td>
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<td>Shoulder (S13)</td>
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<td>Upper Back (S15)</td>
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<td>Triceps (Hand on Elbow) (S14b)</td>
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<td>Hamstrings (S17)</td>
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<td>Low Back (S10)</td>
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<td></td>
<td><strong>Hold each stretch for 30 seconds.</strong></td>
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</tbody>
</table>
## EXERCISE CLASS #14 - SEATED CARDIO (25 MINUTES)

<table>
<thead>
<tr>
<th>Module 1</th>
<th>Dynamic Stretches</th>
<th>2.5 Minutes</th>
</tr>
</thead>
<tbody>
<tr>
<td>5 Minutes</td>
<td>Shoulder Rolls (S2a)</td>
<td>Perform each stretch for 30 seconds.</td>
</tr>
<tr>
<td></td>
<td>Wrist Rotations (S4)</td>
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<tr>
<td></td>
<td>Trunk Rotations (S3a)</td>
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<tr>
<td></td>
<td>Ankle Rolls (S5)</td>
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<tr>
<td></td>
<td>Head Nods (S1a)</td>
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</tbody>
</table>

<table>
<thead>
<tr>
<th>Module 2</th>
<th>Cardiovascular Exercises</th>
<th>5 Minutes</th>
</tr>
</thead>
<tbody>
<tr>
<td>6 Minutes</td>
<td>Arm Swings (C1)</td>
<td>Perform each exercise for 30 seconds and repeat.</td>
</tr>
<tr>
<td></td>
<td>March – Fast Pace (C5)</td>
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<tr>
<td></td>
<td>Chest Press with Leg Extension (C19)</td>
<td></td>
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<tr>
<td></td>
<td>Crisscross Arms (C20)</td>
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<tr>
<td></td>
<td>Speed Bag (C3)</td>
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</tbody>
</table>

<table>
<thead>
<tr>
<th>Module 3</th>
<th>Cardiovascular Exercises</th>
<th>5 Minutes</th>
</tr>
</thead>
<tbody>
<tr>
<td>6 Minutes</td>
<td>Heel Digs (C16a)</td>
<td>Perform each exercise for 30 seconds and repeat.</td>
</tr>
<tr>
<td></td>
<td>Side Tap and Reach (C13)</td>
<td></td>
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<tr>
<td></td>
<td>Rowing (C21)</td>
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<tr>
<td></td>
<td>Seated Jump Rope (C22)</td>
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<tr>
<td></td>
<td>Bicycle Kicks (C18)</td>
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</tbody>
</table>

<table>
<thead>
<tr>
<th>Module 3</th>
<th>Static Stretches</th>
<th>3 Minutes</th>
</tr>
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<tbody>
<tr>
<td>5 Minutes</td>
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<td>Hold each stretch for 30 seconds.</td>
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<td>Triceps (Hand on Elbow) (S14b)</td>
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<tr>
<td></td>
<td>Low Back (S10)</td>
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</tbody>
</table>
## EXERCISE CLASS #15 - SEATED CIRCUIT

### Module 1  
**10 Minutes**

**Dynamic Stretches**
- Shoulder Rolls (S2a)
- Wrist Rotations (S4)
- Ankle Rolls (S5)
- Head Rolls (S1c)

**Cardio**
- March (C5)
- Rowing (C21)
- Jumping Jacks (Modified) (C11a)

**Resistance Tubing Exercises**
- Leg Extension (R4b)
- Two Hand Pulls (R16)
- Chest Fly (R17)

### 1 Minute Water Break

### Module 2  
**8 Minutes**

**Cardio**
- March (C5)
- Rowing (C21)
- Jumping Jacks (Modified) (C11a)

**Resistance Tubing Exercises**
- Lateral Raise (R21)
- Triceps Extension (R29b)
- Biceps Curls (R27b)

### 1 Minute Water Break

### Module 3  
**8 Minutes**

**Cardio**
- March (C5)
- Rowing (C21)
- Jumping Jacks (Modified) (C11a)

**Bodyweight Exercises**
- Calf Raise (R2)
- Back Extension (R13)
- Abdominal Crunch (R31)

### 1 Minute Water Break

### Module 4  
**8 Minutes**

**Cool Down**
- Arm Swings (C1)
- March (C5)
- V Step (C7)
- Toe Tap and Pull (C14a)

**Static Stretches**
- Neck (S11)
- Shoulder (S13)
- Upper Back (S15)
- Low Back (S10)
- Triceps (Hand on Elbow) (S14b)
- Hamstrings (S17)
## EXERCISE CLASS #16 – SEATED CIRCUIT

### Module 1
**10 Minutes**

**Dynamic Stretches**
- Shoulder Circles (S2b)
- Trunk Rotations (S3a)
- Wrist Rotations (S4)
- Seated Ankle Rolls (S5)

**Cardio**
- Heel Digs with Arm Circles (C16b)
- Chest Press with Leg Extension (C19)
- Bicycle Kicks (C18)

**Resistance Tubing Exercises**
- Leg Press (R5)
- Seated Row (R15)
- Chest Press (R18b)

**1 Minute Water Break**

### Module 2
**8 Minutes**

**Cardio**
- Heel Digs with Arm Circles (C16b)
- Chest Press with Leg Extension (C19)
- Bicycle Kicks (C18)

**Resistance Tubing Exercises**
- Overhead Shoulder Press (R23)
- Triceps Extension (R29b)
- Hammer Curls (R28)

**1 Minute Water Break**

### Module 3
**8 Minutes**

**Cardio**
- Heel Digs with Arm Circles (C16b)
- Chest Press with Leg Extension (C19)
- Bicycle Kicks (C18)

**Bodyweight Exercises**
- Back Extension (R13)
- Abdominal Crunch (R31)
- Seated Oblique Twist (R33b)

**1 Minute Water Break**

### Module 4
**8 Minutes**

**Cool Down**
- Arm Swings (C1)
- March (C5)
- V Step (C7)
- Toe Tap and Pull (C14a)

**Static Stretches**
- Neck (S11)
- Shoulder (S13)
- Upper Back (S15)
- Low Back (S10)
- Triceps (Hand on Elbow) (S14b)
- Hamstrings (S17)
SECTION 3: CARDIOVASCULAR 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 forwards motion
2. Twist at your waist to the left, to the centre, and to the right
3. Maintain core stability throughout movement
Instructions:
1. Bend your arms and position your hands in front of your face
2. Punch your arm upwards as your 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

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**

*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**

*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**

*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
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

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

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
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 pedaling 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

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

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**

**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)**

**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**

**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 your 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
R12 – ARCHER PULLS

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

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

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

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 arm 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 arm 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
ARM EXERCISES

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 you 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
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

Instructions:
1. Hold your hands together in front of your body
2. Twist your waist to the left as your 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

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

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

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

1. Look down at the floor
2. Return your head to center
3. Look up at the ceiling

S1B – HEAD TURNS

1. Turn your head to the left
2. Return your head to center
3. Turn your head to the right

S1C – HEAD ROLLS

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

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

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

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
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.
INFO SHEET #2 - BREATHING RHYTHMICALLY

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
INFO SHEET #3 - WHEN TO STOP EXERCISING

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.
INFO SHEET #4 - WARM-UP, COOL-DOWN & STRETCHING

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).
INFO SHEET #5 - AEROBIC/CARDIOVASCULAR EXERCISE

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”.

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

**What is the new behavior?**

__________________________

**How important is it to me to change?**

<table>
<thead>
<tr>
<th>Not Important</th>
<th>Slightly Important</th>
<th>Important</th>
<th>Fairly Important</th>
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</table>

**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?**

__________________________ | ________________________

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<thead>
<tr>
<th>S</th>
<th>Specific</th>
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<tr>
<td>M</td>
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<td>A</td>
<td>Attainable</td>
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<td>Realistic</td>
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<td>Timely</td>
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</table>

**My SMART Goal:**

__________________________
EXERCISE CLASS #1: DESCRIPTIONS (BODYWEIGHT)

Exercise #1: Abdominal Draw In

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

Exercise #2: Squats (With Chair)

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

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

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

Exercise #5: Shoulder Rotations

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

Instructions:
1. Touch your back with your hand
2. Extend your arm so your fingers point to the ceiling
EXERCISE CLASS #1: DESCRIPTIONS (BODYWEIGHT)

Exercise # 7: Biceps Curls

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)

Instructions:
1. Shift your bodyweight onto one foot
2. Shift your bodyweight onto your other foot
<table>
<thead>
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<th>Exercises ↓</th>
<th>Date →</th>
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**EXERCISE CLASS #2: DESCRIPTIONS (BODYWEIGHT)**

**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 your 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 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 your elbows until your hands are at chest height
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<th>Exercises ↓</th>
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EXERCISE CLASS #3: DESCRIPTIONS (BODYWEIGHT)

**Exercise #1: Squats**

**Starting 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

**Ending Position**

**Exercise #2: Calf Raise**

**Starting 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

**Ending Position**

**Exercise #3: Shoulder Rotations**

**Starting Position**

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

**Ending Position**

**Exercise #4: Single Leg Kickback**

**Starting 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

**Ending Position**

**Exercise #5: Standing Oblique Twist**

**Starting Position**

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

**Ending Position**
**Exercise Class #3: Descriptions (Resistance Tubing)**

**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**

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 your elbows until your hands are at chest height
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EXERCISE CLASS #4: DESCRIPTIONS (BODYWEIGHT)

Exercise #1: Squats with Invisible Box Lift

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

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

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

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

Instructions:
1. Sit on the edge of your chair
2. Bend forward at your hip as you lower your chest to your thigh
Exercise Class #4: Descriptions (Resistance Tubing)

Exercise #6: Two Hand Pulls

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

Starting Position

Ending Position

Exercise #7: Chest Press

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

Starting Position

Ending Position

Exercise #8: Front Raise

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

Starting Position

Ending Position

Exercise #9: Triceps Extension

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

Starting Position

Ending Position

Exercise #10: Hammer Curls

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

Starting Position

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Exercise #1: Lunges with Chair Support

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

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

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

Exercise #4: Abdominal Crunch

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

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 Class #5: Descriptions (Resistance Tubing)**

**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
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EXERCISE CLASS #6: DESCRIPTIONS (BODYWEIGHT)

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 your 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 CLASS #6: DESCRIPTIONS (RESISTANCE TUBING)

Exercise #1: Bent Over Row

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

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

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

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

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
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Exercise # 1: Abdominal Draw In

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

Exercise # 2: Side Pulls

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

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

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

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

Instructions:
1. Touch your back with your hand
2. Extend your arm so your fingers point to the ceiling
Exercise # 7: Biceps Curls

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

Exercise # 8: Leg Extension

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 CLASS #12 (SEATED): DESCRIPTIONS (BODYWEIGHT)

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 Class #12 (Seated): Descriptions (Resistance Tubing)

#### 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 arm 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 your elbows until your hands are at chest height
# EXERCISE CLASS #12 (SEATED): TRACKING SHEET

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EXERCISE CLASS #13 (SEATED): DESCRIPTIONS (BODYWEIGHT)

Exercise 1: 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 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 CLASS #13 (SEATED): DESCRIPTIONS (RESISTANCE TUBING)

Exercise #1: Leg Press
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
Instructions:
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
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
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
Instructions:
1. Hold the tubing handles with your palms facing forward
2. Bend your elbows until your hands are at chest height
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