

Research to Action Conference 2014

Creative Cardio

The following presentation is a sampling of exercises that could be integrated into your programs. As the instructor, of you know the level and capabilities of your participants and can decide if some or all of these exercise options are suitable for your participants. It is highly recommended to screen and assess your participants and grouping participants with similar abilities. During the cardio, using monitoring techniques such as target heart, rating of perceived exertion, observation and talk test can determine if the participants are exercising in moderate to vigorous intensity.

Warm- Up

Music from Paul Simon: Graceland bpm 120

Toe taps, side taps, side steps, flexion and extension with wand in one hand, figure of eight at side with wand in one hand, side to side wand movements on frontal plane

Cardiorespiratory Endurance

Music from Dynamix 60's Pop-Rock

"Itchin' in My Heart" bpm 129

Walking with wand pumping beside on the floor

16 counts each side

Heel digs 4 on same leg. Pushing wand out from waist

Repeat 3 more times

Walking around the wand. With free arm increase shoulder ROM

16 counts one way, then switch

8 Hamstring curls forwards, 8 Hamstring curls backwards. (wand to waist)

Music from Dynamix 60's Pop-Rock

"I Heard It Thru the Grapevine" bpm 130

Step forward Rt Lt, Back Rt Lt Repeat

2 side steps Lt, 2 side steps Rt

Repeat entire sequence on opposite foot

Repeat both lead legs 5 more times

Positioned diagonally going to the Rt, leading with Rt

Stepping forward Rt, Lt, Rt, toe tap Lt (raise wand over head)

Stepping backwards Lt, Rt, Lt, toe tap Rt (lower wand to waist)

Repeat 3 more times, then 4 more times other direction opposite leg



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Music from Dynamix 60's Pop-Rock

SONG 8 "Ain't Too Proud to Beg" bpm 130

8 Knee raises wand low, 8 Knee raises wand higher

16 Cross Country Ski motions Alternating wand

4 V-steps Rt lead, 4 V-steps Lt lead circling around the wand

16 Hamstring Curls in horseshoe pattern

Arm Choreography PROUD MARY 128 bpm Pop Rock Dynamix

- Continually March
- Up, up, slow double down (clap)
- Side, side, slow double middle (clap)
- Big wheels: 4 one way , 4 the other above head
- Big wheels: 4 one way, 4 the other in front
- Roll'em: boxing roll one way, the other
- River: wave like motions both side
- Jazz dance: arms at side
- Actions: card shuffle & deal, shopping cart, Windex, make bed

Music from Pitbull - featuring. Ke\$ha

"Timber" bpm 128-130

marching "S" hands (single, single, double)

mambo (you better dance)

1,2,3 quick step inverted leg lift to pauses in the music)

Side steps with claps

Swing your partner....repeat

Music from OneRepublic

"Counting Stars" bpm 120-122

Knee lifts & angled arm pulls

Heel pumps with arm push

Forward and back weight shift with shoulder flexion (raise)

Marching & clapping sequence

Hamstring curl & clapping sequence

Side taps/side steps & thigh taps

Music artist: Pharrell Williams

Happy (Despicable Me 2) bpm 160



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Share ideas transition to chairs

Seated Cardio:

Music: Paul Simon: Obvious Child bpm 90-165

Variation of slow movement: toe touch and reach to the side followed by faster movements of the same exercise, heel digs and reach (then faster)

Interlude: cramp rolls: ball, ball, heel, heel Ending: quick football step with stomps

Music: Power Music Superstrings: 120-130bpm

CAUTION: NO rapid torso twisting & NO forward flexion of spine

v-steps arm circle, side steps (double)

repeating knee lifts, toe taps front & side/ angle

heel digs, kicks, heel raise, heel toe

arm variety, modified grapevine

Fancy chair moves: stomps & Charleston's

mambo step (forward & back), quick steps, arm circles

moonwalk, hat hold and shoulder shrugs

Consider integrating small balls or another enhancement to increase intensity and variety during the cardio session.

Cardiorespiratory Endurance

Rupert Holmes: Escape (The Pina Colada Song) : 80bpm

Ensure participants cool down; decreasing the heart rate safely, preventing blood pooling and execute range of motion of the six major joints



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