

Chris's SFIC Class:

Warm Up:

- March on the spot: wrist rolls/open close/fingers tap
 - Arm circles from the elbow, pull from the front-back (chest pull)
 - Connect arms behind back and squeeze
- Tap Foot in front (alternate)
 - Include bicep curls/wipers with arms
- March on spot:
 - Arms in and out to the side/Arms hug self
- Tap foot in front (alternate)
 - Tap feet to side, backwards
- Single step together
 - Keeping low, hamstring curl (tap alternating heel behind or top)/alternate to tap knee in front

Cardio Warm Up:

- March on the spot
- Heel tap to the front (arms included; out to the front) Tap backwards/ski movement
- Mini jumping jacks (mini-version, no jumping)
- Step together
 - Chest press/opposite arm to knee
- Step forward/Backward (alternate right foot/left foot first)
- Heel Digs
 - Chest press/opposite arm to knee
 - Double Right foot/Double Left foot
- Wide steps (forward and backward)
- V-step (alternate starting foot)
- Hamstring Curl (single then double step together with wiper arm movement)
- Marching forward/Backwards
- V-Step, Single Step together, Double step together, V-step
 - Alternate right and left foot starts for V-step. Alternate with low V-step.
- Mumba: Front and back (switching start foot)
- Forward and Backward steps (low kick at end) *3
- Double Step together with heel touch
- V-step with big arm circles *3
- Heel Digs (2* left foot/2*right foot)including arm punching
- March on the sport
- Heel digs forward and backwards *4
- Tap foot backwards and reaching with arms *4
- Hamstring curl backwards and reaching with arms *4
- Knees up and reaching with arms *4
- Moving Forward: Arms reach Up
- Moving Backwards: Arms Chest Press

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- Alternatively: Same side as feet, opposite side of feet and arm circles, knee slap, hands clap, scissors
- V-step *4, Diagonal*4, Circle Right/Left

Cardio Cool Down:

- Single step together:
 - Sway with arms, Gentle and slow shoulder roll
 - Lat pull back with arms
 - Arms behind: shoulder retraction
 - Arms in front arms crossed and shoulder shrug.
 - Hamstring curl (reaching back to ankle)

Balance:

- March on the spot: roll shoulders back, double bicep curl, hands to opposite knees, heel touch behind
- Giant steps forward and backwards.
- Tandem steps (4 forward, 4 backwards). Turn neck to look over the opposite shoulder.

Resistance:

Participants asked to gather ball and bands. Idea for exercises is to fatigue the muscle by repetition 8 (if not there, it's important to increase the resistance level. Further all movements to be slow and controlled.

- Bands:
 - Using right hand as anchor (use like a bow and arrow) extending the shoulder
 - Step on one end of band:
 - squat with back straight. To increase the challenge: slow the count down.
 - Bicep curl. Switch sides.
 - Triceps: hold hand mid-chest as anchor and other pull down/out to the side. Switch sides.
- Balls:
 - Chest press, arms out front of body & squeeze, arms out to sides (pass ball over head)
 - Ball between knees and squeeze while completing squats.
- Toe Lifts (modify by using chairs). If you have a ball keep it between your knees.

Cool Down:

- Hamstring Stretch: Scissor: straight leg in front, hinging from the hip. Tip front toe upwards.
- Crossing leg over, placing opposite foot on knee and one legged squat. (modify to use wall for additional balance support if necessary).
- Dancer: yoga pose
- Lunge stretch: for hamstring
- Step together: hands behind and interlocked and retract. Hands interlocked together in front of body and reach out. Separate hands reaching out to each side, pushing out.
- Hug self