

Leslie McAdam  
Adapt and Modify

Key Considerations:

- Use various planes of movement and coordination techniques to increase level of difficulty
- Use various combinations of movements to progress variation
- Concentration on the movement and the particular muscle (muscle groups) being activated
- Use a combination of strength, endurance and power exercises in to progress

Ball Consideration:

- Easy to clean (can handle industrial cleaners)
- Valve (ability to inflate and deflate)
- PVC plastic (no latex)
- Ensure ball can be grasp in one hand or ball slightly larger for a lot of ball for support in low back

SFIC Class Considerations:

- 60-75 Minutes
- 45 minutes if frail population
  - Considerations of functional level of the client

Timed Up and Go (TUG):

- < 20 seconds: instructor to trainer ratio 1:11
- >20 seconds: instructor to trainer ratio 1:20
- Advanced participants 1:25

Post Rehabilitation Exercise for Stroke (PRES)

- Ratio 1:3 – 1:5

Fitness Class:

- Trouble shoot: chair incorporated when needed
- Use of buddy system: volunteers or companions
- Motivation Component: Music
- Teaching levels: to your average participant (not highest or lowest level)

Asking Participant Key Considerations:

- Go at Own Pace (not a competition)
- Keep moving!

Class Techniques:

**Plane of Movement: Power Music: Ob-La-Di, Ob-La-Da: Beatles Mania Workout: 130bpm**

- Use all planes of movement to increase coordination challenge
  - Tapping in sagittal plane, arms to the side, windshield wipers, scarecrow, robot
  - Toe tap to side: same arm, same leg (or opposite arm to leg)
  - Arms above head or midline or lower
  - Heel digs: reach with wrist straight wrist same arm, same leg (or opposite arm and leg)
  - Extend wrist (stop sign) or Flex wrist (progress to combination of wrist extension and flexion)
  - Toe Tapping: include shoulder shrug, single then double arms to side

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**Arm only (keeping legs marching): Disney Moana Soundtrack: Logo Te Pate: 138 bpm**

- Standing Component: keeping legs marching
  - March, arms side to side, front, gathering, pulling up, pump: overhead, side (repeat)

**Foot work: Disney Moana Soundtrack: Logo Te Pate: 138 bpm**

Legs:

- Salsa step (step, step, pause...step, step, no pause) forward or side options
- Combination with arms: pump to side, gathering, overhead

**Sound motivation: Gangnam Style: 132 bpm**

- Marching and hand tapping, heel digs and snapping ( repeat)
- Marching and hand rubbing, low and above head
- Marching and hand knee slap, and crossing at chest, or cowgirl lasso (Gangnam style dance)

**Combinations of Movement: Stevie Wonder: Faith, "Sing" motion picture soundtrack: 158bpm**

Sitting in a chair

- Ball placed towards upper back near shoulder blade, retract chin gently while pressing into the ball, engaging your core
- Ball placed in mid back: leaning back over ball with minimal arch (no pressing against)
  - Involve hands reaching back, one up on one side or arms in ballet style
- Legs: lift adding one arm with each leg or both arms to lift.
- Considerations: **A, B, C's: Alignment Breathing Control**

**Variation: ROM/ Strength rolling: Power Music: Here Comes the Sun: Beatles Mania: 135bpm**

- Ball placement at calves: lifting each foot upwards. Rolling the ball upward towards the knee ("squeeze and roll")
- Bend at the hips to grab ball at the ankle
- Seat Walk: ball placed at mid back.
- Ball under arm: squeeze (resistance) and Shrug (Range of Motion)
- Forearms: Squeeze and roll
- Hands: Squeeze and turn: Speed up and slow down pace for increased challenge
- Sit at edge of chair: ball on lap: roll out to the knee:

**Concentration: AWOLNATION: Sail: 119bpm**

Think of what muscle is being activated: concentrate on that muscle

- Considerations: standard 8-12 reps: range 5-15reps completed for each exercise
  - Ball between thighs: knee extension
  - Hamstring: holding ball under knee: squeeze while extension of the foot
  - Chest press: ball in center, elbows out. Try with fist.
  - Ball between thighs, inner thigh squeeze progressing to gluts and abdominals
  - Bicep press: press into deltoid

**Functional Attempts: Gordon Lightfoot: Sundown: 106bpm**

- Standing Exercise:
  - Attempt to stand: bend at hip, use arm to lift still holding the chair
  - lift buttocks slightly off chair still holding onto chair (ball between thighs)
  - ball between shins: full stand let go of the chair on ascent
  - full stand with ball between shins, arm raise over head then reach for chair to descend

**Strength, Endurance, Power: Apache: The Shadows: 134 bpm**

- Ball between shins: toe tapping (8-12 reps) or endurance activating (go for 2 minutes) or when changes speeds incorporates power.
- Power 6-10 reps for participants who are advanced level