

SFIC CLASS - "1967 Edition"

Chris Moffett, SFIC Trainer

R2A CONFERENCE 2017

Friday, June 9 3:00-4:00PM

WARM-UP ~5 MINUTES

1. "Sgt. Pepper's Lonely Hearts Club Band, The Beatles <80 BPM 2:02

"With A Little Help From My Friends", The Beatles 114 BPM 2:44

1. Toe Taps R, add biceps curls. Repeat for L
2. Fan the Foot R, fan the arms. Repeat for L
3. March, wrist circles, shoulder circles, elbow circles (both directions)
4. Tap in front R/L, add arms—light swing in front (opposite arm and leg)
5. Heel digs front R/L, add biceps curls
6. Tap in front—punch in front
7. Heel digs—punch up
8. Tap to side R/L, add both arms to side (light movements)
9. Heel jacks (side heel digs) side R/L, add both arms to side (light movement)
10. Toe tap back R/L, swing arms opposite (light XC ski)
11. March, bigger shoulder circles
12. Hamstring curl R/L (add arms, rowing)
13. Knee lifts R/L with hands touching knees same side (instruction to keep arms and knees low, bring knees to hands)
14. March
15. Knee lifts touch opposite knee
16. March
17. V-Step R
18. March
19. V-Step L
20. March
21. Step touch R, 2 steps or GV R
22. Mambo R/L
23. Step touch L, 2 steps or GV L
24. March wide 8/ narrow 8
25. March, circle arms up, out, and down (bigger than at start)

CARDIO ENDURANCE- 20 MINUTES

2. “Expressway to Your Heart” from Oldies Rock & Soul (Power Music) 124 BPM 4:54 minutes

Lead with the R

1. Heel Digs with punches, arm swings
2. Toe tap back with punches, XC skiing
3. HS curls, hands to shoulders, arms up
4. Knee lifts, hands touch same knee, hands touch opposite
5. March wide/narrow
6. Mambo R/L
7. Repeat 1-6 above leading with the L
8. Repeat above with doubles and “single/single/double”

3. “Respect” from Lovin’ The 60s (Dynamix) 124 BPM 5:05

Lead with the R

1. Step touch 4X
2. Two-step touch/GV 4X
3. Mambo R/L
4. Repeat 1-3 with L
5. Repeat 1-3 with R
6. March forward and back (hustle) light kick, tap back 4X
7. Add V-step R
8. Mambo R/L
9. Repeat 6-9 L
10. March with big arm circles

Cardio intensity check-in (RPE of 5-8), able to talk but not sing, slightly out of breath.

4. “Reach Out I’ll Be There” from Silver Seniors (Power Music) 126 BPM 5:35

Lead with the R

1. Heel Digs with punches or arm swings, forward and back 4 steps, 2X
2. Toe tap back with punches or XC skiing, forward and back 4 steps, 2X
3. HS curls, arms up or chest press, forward and back 4 steps, 2X
4. Knee lifts, hands touch same knee or hands touch opposite, forward and back 4 steps, 2X
5. March wide/narrow
6. Mambo R/L
7. Repeat 1-6 above leading with the L
8. Heel digs fwd and back, Toe taps back fwd and back 2X
9. HS Curls fwd and back, Knee lifts fwd and back 2x
10. Repeat 5 and 6
11. Repeat steps in 1-4 but change movement each time fwd or back, 2X
12. Repeat 10

5. "Soul Man" from 17 Again #4 (Powermusic) 129 BPM 4:00

Lead with the R

1. March 32
2. Step touch 4X
3. Two-step touch/GV 2X
4. Zig-zag R/L 4 steps forward
5. Walk straight back 4 steps, backward
6. March Wide, wide, narrow, narrow
7. Repeat 4-6 3X
8. Circle to the R, 8 steps
9. March 8 steps
10. Circle to the L, 8 steps
11. March 8 steps
12. Hand-jive 4X
13. Repeat 4-6 on the L
14. Circle L
15. Hand-jive 1x
16. Circle R
17. Hand-jive R
18. Repeat 14-17
19. March with Hand jive pt 2 (2X)

Intensity check T.H.R./ R.P.E./Talk test

CARDIO COOLDOWN (5 MINUTES)

6. "San Francisco" Scott McKenzie, BPM 108, 2:57

1. March in place
2. Hands on shoulders circle elbows
3. Biceps curls
4. Circle wrists
5. Arms shoulder height slow breaststroke holding at end of range for a few seconds.
6. Play piano, fingers to thumb
7. Circle thumbs
8. Open close hands
9. Toe tap side (alt) RL 8X
10. Toe tap back (alt) RL 8X
11. Heel dig (alt) RL 8X
12. Light March or Swing

7. Groovin' The Rascals BPM 108 BPM 2:29

Dynamic Balance

Hands on hips lift knee up as high as you can and pretend you are stepping over a log/snowbank. (dynamic balance) or tandem walking if room.

Music for Balance and Muscle Training

8. "Silver Stomp", Silver Sneakers 6,124 BPM 3:50 (Big Band Instrumental)

9. "The Wonder of Life", Silver Sneakers 6,124 BPM 3:50 (Big Band Instrumental)

10. "Silver Stomp", Blues Vision 6,124 BPM 3:50 (Big Band Instrumental)

BALANCE (5 MINUTES)

1. Functional Balance... Reaching into a cupboard, off to the side, back of the fridge, etc. Reaching in multiple directions.

2. Static Balance

1. Tandem Stance, R front, L behind (feet touching)
2. Repeat with L in front
3. Repeat #1 but with L foot at least a foot length behind, up on front of foot
4. Repeat #3 with L in front

MUSCLE STRENGTH, ENDURANCE, AND POWER TRAINING

Muscle Strengthening: 15 minutes, 8-12 repetitions

	Muscle Group	Exercise
1	Quads, Hamstrings, Glutes	Free Standing Squat w ball between knees
2	Calves (gastrocs)	Heel Raises (behind chair, at wall), both feet, one foot
3	Quads, Hamstrings, Glutes	Free standing Squat and holding onto resistance band or Repeat 1
4	Calves (tibialis ant.)	Toe Raises (behind chair, at wall) both feet
5	Upper Back	Scapular retraction (pull out, back, and down) passing ball from hand to hand
6	Chest	Chest Press w ball in front of chest
7	Upper Back	Lat pull down or "bow and arrow" w resistance band Or repeat 5
8	Chest	Chest Press w resistance band under arms behind or repeat 6

Muscle Endurance (abs and back) 5 minutes 15-20 repetitions

Muscle Group	
Abs	Wall plank: face front (rectus abdominus), sideways (R and L for obliques), standing ab thigh press (rectus abd.)
Lower Back (spinal erectors)	Standing opposite arm/leg lifts, free standing, behind chair or at wall

FLEXIBILITY/STRETCHING (~5 MINUTES)

11. "A Whiter Shade of Pale" Herbie Mann instrumental version < 80 BPM 4:46

Muscle Group	Stretch
Quads	Standing quad stretch or "Split Squat"
Hamstrings	Hinged HS Stretch
Chest	Fingers interlaced behind back, pull shoulder blades together
Upper Back	Shoulder protractions (arms outstretched in front, hands together, pushing forward)
Lower Back	Standing with buttocks tucked under, slight flexion of low back but supported with hands on ball on thighs
Abs	Hands on head or shoulders, standing as tall as possible
Calves	Standing calf stretch (one foot forward, one back, front knee bent, back knee straight, reaching arms in front)
Closing "Stretch"	Breathe in and out (arms up/down)