



DANCE

— SeniorFit Online —

CARDIO

**PERSONAL
TRAINING**

Lower Warm Up

* Do each exercise for roughly 30 seconds

1. Forward Tap

- Sit up tall
- Tap forward with your heel
- Alternate legs



2. Side Tap

- Tap side to side with your heel
- Make sure to move your whole leg
- Sit up tall. Stomach in



3. Backward Tap

- Tap with your toe
- Bend your knee as much as possible
- Make sure your foot goes under the chair



4. Cross Tap

- Cross one leg in front
- Your hip is rotating & opening upwards
- Don't lean back



5. Leg Lift

- Lift both legs up. Keep your knees bent
- Up for two counts. Down for two counts
- Hold the last one



Lower Standing Stretch

* Hold each stretch for about 15 seconds. Breathe between each stretch

1. Standing Lunge

- Stand close to the chairs
- Take a big step back. Bend your front knee
- Make sure your back heel is up



2. Calf Stretch

- Take one regular sized step backwards
- Push your hips back & lift your front toe
- Bend your back knee. Try to keep your back straight



3. Back Straight

- Take two steps backward
- Push your hips back as far as possible
- Bend your knees & look down



4. Standing Cobra

- Tuck your hips forward
- Stretch your abs up & lift your chest
- Look up



5. Star

- Stand behind the chair
- Walk your feet apart as far as possible
- Stretch your arms apart making a star (not shown)



Chair Dance Cardio 1

* Start with marching & return to it between each exercise

1. Marching

- Sit up straight & start marching
- Swing your arms
- Try to keep a steady tempo



2. Forward & Reach

- Reach forward with your arms
- Tap with your heel
- Move your body & make it a dance move



3. Climb The Rope

- Climb the rope, hand over hand for four counts
- End with your hands all the way up
- Open your arms & bring them down.



4. Backwards & Pull

- Reach back with your arms
- Bend your knee & tap your toe
- Your shoulder blades come together



5. Speed Bag

- Circles with your fist
- Go as fast as you can
- Then stop. Repeat three times



Upper Chair Stretch 1

* Hold each stretch for about 15 seconds. Breathe between each stretch

1. Chest Opener

- Hands behind your head
- Open your shoulders by pulling your elbows back
- Imagine someone behind you pulling you back



2. Elbows Up

- Elbows come to the center
- Elbows up. Look up. Arch your back
- Hold, then breathe in



3. Pencil

- Exhale, both hands come up
- Shoulders to your ears
- Reach up as high as possible



4. Pencil Left/Right

- Lean over to the left. Hold
- Lean over to the right. Hold
- Back to the center. Breathe. Reach up



5. Fingers Up/Down

- Start with palms up, fingers up
- Then fingers down. Switch your palms after
- Palms down, repeat fingers up & down



Chair Dance Cardio 2

* Start with hands on knees & return to it between each exercise

1. Hands on the Knees

- Hands on your knees
- Tap your toes at the same time as your hands
- It's like you're drumming on your knees



2. Side to Side Arms

- Stop moving your legs
- Swing both arms to the side
- Alternate sides while moving your upper body



3. Out & In

- Bring your feet together
- Jump your legs apart as far as possible
- Close your legs & squeeze. 2 counts each



4. Maracas

- Sit up tall. Stomach in
- Two shakes to the center & then to the side
- End with a double time



5. Running

- Start your run. Swing your arms
- Go as fast as you can
- Then stop. Repeat three times



Lower Chair Stretch 2

* Do all stretches on one leg first. Hold each stretch for about 15 seconds

1. Pretzel

- Cross one leg over the other
- Sit up tall
- Pull your crossed knee into your chest



2. Figure 4

- From pretzel, push your knee down
- Sit up tall
- You can push on your knee or slightly above



3. Bend & Kick

- Uncross your leg & grab your knee
- Bend & straighten your leg
- Move at a steady pace. Repeat 10 times



4. Ankle Circles

- Continue to hold your knee
- Rotate your foot & ankle
- Stop. Other direction



5. Point & Flex

- Point your toe & then pull it back
- Move at a steady pace
- Done. Now do all the stretches on the other leg



Upper Chair Stretch 2

* Hold each stretch for about 15 seconds on both sides

1. Twist

- Twist your upper body
- Use your hand to twist more
- Try to look behind you



2. Across Body

- Put one arm across your body
- Grab your arm & pull
- Make sure your shoulders stay relaxed



3. Arm Grab

- Raise your hand
- Touch your back
- Grab your elbow, pull & look up



4. Hot Hands

- Bend your elbows. Palms Up
- Switch your palms
- Go back & forth. Start slow & end fast



5. Wrist Circles

- After hot hands make circles with your wrist
- After about 15 seconds, switch direction
- Make sure you don't move your elbows



Neck Stretches

* Hold each stretch for about 15 seconds on each side

1. Left/Right

- Turn your head all the way to the left
- Try to look behind you
- Hold, then turn your head to the right



2. Up

- Back to the center
- Look up
- Hold



3. Down

- Back to the center
- Look down
- Hold



4. Ear to shoulder

- Back to the center
- Shoulder to your ear. Relax
- Repeat on the other side



5. Neck Circles

- Make circles with your neck
- Go twice around slowly
- Switch directions. **Part 1 complete**

