

1	WARM UP		OBJECTIVE			
		15m				
TIMESTAMP	B	MOVEMENT	S	R	NOTES	
Song						
	0-1 Minutes	Diaphragmatic Breathing	1X	10	Focus on pushing the belly away from the spine on inhale and pulling belly into spine on exhale. Have participants focus on pulling their shoulders down and away from their ears rather than lifting them with each breath. It may help to coach participants into lifting shoulders up and down with breath and then progressing to belly breathing to help understand proper breathing mechanics.	
Song						
		Neck Retraction	1X	6 reps	While sitting upright, push chin forward without moving shoulders or leaning forward, pull chin back. Can increase mobility by also adding a chin tuck.	
		Scap Retraction	1X	6 reps	Scap retraction and protraction will aid in increasing shoulder range of motion. It helps "unstuck" the tissue.	
		Rhomboid and Mid. Trap Stretch	1X	30-60 sec	Clasping the fingers out front can aid in stability of the shoulder as we work on extending away from the body.	
Song						
		Sunflower	1X	6 reps	The purpose is to bring breath with movement not necessarily work on depth of the hands or a full reach above, because of this participants do not need to stress about how far they are reaching down and up.	
		Static Hip Opener	1X	30 sec	Participants may want to utilize a block to place their hands on as they hold this position or place their hands on their thighs as a less intensive option.	
		Left Seated Lunge with posture rock	1X	4 reps	The video shows the position facing forward but participants may be more comfortable facing the side wall, allowing the seat of the chair to support their thigh. Participants can also adjust how far their back leg is to intensify the stretch in hip flexor or quads.	
		Left Seated Lunge hold	1X	30 sec		
		Right Seated Lunge with posture rock	1X	4 reps		
		Right Seated Lunge hold	1X	30 secs		
		Static Hip Opener	1X	30 sec	See note above	

2 STRENGTH & BALANCE		<i>DESCRIPTION</i>			
		<i>15m</i>			
<i>TIME STAMP</i>	<i>B</i>	<i>MOVEMENT</i>	<i>S</i>	<i>R</i>	<i>NOTES</i>
				Time	
0- 10 min		Extended Mountain Pose	1X	15-20sec	Coaching Tip - standing straight is an introduction into balance work, if participants would like to increase intensity, they may choose to close their eyes.
		Forward Fold	1X	15-20sec	Encourage participants to work on straightening their legs in this position. Coaching tip - if someone is tight through their hamstrings widening their stance or adding a slight bend could help provide some relief when in a forward fold position.
		Left Crescent Lunge	1X	15-20sec	When coaching side specific movements, remember that our left is their right. Participants will start on their right side.
		Left Runners Stretch	1X	15-20sec	Use the chairs, blocks or knees for increasing or decreasing difficulty.
		Forward Fold	1X	15-20sec	
		Extended Mountain Pose	1X	15-20sec	
		Forward Fold	1X	15-20sec	
		Right Crescent Lunge	1X	15-20sec	Participants may want to use the chair as a balance aid in this position. Having one foot on the side of the chair could help by adding a more stable base.
		Right Runners Stretch	1X	15-20sec	
		Forward Fold	1X	15-20sec	
		Extended Mountain Pose	1X	15-20sec	
		Repeat shaded section	1X	See R.	
11-15 min		Slow Compass Balance	2X	4/side	Remind participants that the height of the foot depends on how the hip is feeling that day. If needed, participants can slide their foot on the ground for added stability. This move will be seen in both Age20 and Age Strong.

3 RECONDITIONING		<i>DESCRIPTION</i>			
		<i>15m</i>			
<i>LANDMARKS</i>	<i>B</i>	<i>MOVEMENT</i>	<i>S</i>	<i>R</i>	<i>NOTES</i>
		Piriformis windshieldwiper stretch	1X	3per	Coaching Tip - this movement can help relieve back pain.
		Left 90/90 Hip Stretch reaching over the shin	1X	15-20 sec	90/90 positions are harder to get a benefit from the chair. Having them modify by doing a figure 4 position will help them see benefit here.
		Left 90/90 Hip Stretch reaching over the knee	1X	15-20 sec	
		Right 90/90 Hip stretch reaching over the shin	1X	15-20 sec	
		Right 90/90 Hip stretch reaching over the knee	1X	15-20 sec	
		Left Wide Leg Hamstring Stretch	1X	15-20 sec	Sitting on the block can help someone who has a hard time straightening their legs.
		Horizontal low back release rainbow	1X	2	Coaching Tip - Encourage participants to keep hands as horizontal as possible in this position. Sometimes we see a drop in hands as they reach forward.
		Right Wide Leg Hamstring Stretch	1X	15-20 sec	
		Horizontal low back release rainbow	1X	2	
		Repeat shaded set above	1x	see R.	
		Final Resting Pose	1X	5 min	