

The logo features the word "AGE" in white, uppercase letters inside a blue semi-circle. Below this, the word "RESTORE" is written in a large, bold, blue, italicized sans-serif font.

AGE RESTORE

October 2024

Hip Mobility, strength and stamina.

"Falls are a global health concern, the incidence of which significantly increases with age. Understanding the factors that influence falls is critical for fall prevention. Muscle function (eg, the ability to produce torque) is essential for balance recovery and fall avoidance. Hip abductor muscle function contributes to lateral balance control and influences balance with age in tasks such as stepping in multiple directions, obstacle walking, and standing balance."

<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC10089299/>

<https://youtu.be/ZKjgkc9mXA>

Filmed release of Oct. 2024 for learning purposes.

[Play List: https://open.spotify.com/playlist/3BaxB7VcsL8rCEuaxoFKz7?si=85935c0e3fef4f9e](https://open.spotify.com/playlist/3BaxB7VcsL8rCEuaxoFKz7?si=85935c0e3fef4f9e)

This playlist features relaxing melodies and acoustic remakes of some of our favorite songs.

WARM UP	<i>Prepare for Strength and Balance and reduce tension in the back, shoulders, and hips.</i>					
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TIMESTAMP	MOVEMENT	Sets	Reps	Time	Breaths	NOTES
0:00	Warm Up Intro and Preview	1X	1	1 min	10	Warm Up starts with the song Gentle Soul by Muted Reality.

0:01	Diaphragmatic Breathing	1X	10	1 min	10	Sit at the edge of your chair, sit up tall with shoulders back, inhale and push the belly button away from the spine, exhale and bring the belly button back to its starting position.
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0:02	Chin tuck and tilts	1X	10	1min	10	Inhale and lift the chin towards the ceiling, exhale and tuck the chin towards your chest. Each breath, work on increasing range of motion.
0:03	Cat/Cow	1X	10	1 min	10	Inhale sit up tall and pull your shoulders back, exhale and round the back bringing your shoulders towards each other in front of you. You can make this as big or as small as your body likes.
0:04	Dynamic Low Back Release	1X	5	30 sec	5	Have participants reach with their chest and shoulders, rather than their forehead. This will reduce the strain on their neck.
0:04:30	Static Low Back Release	1X	1	30 sec	5	This is our first static move of the day - encourage participants to use the block to bring the floor a little closer to them. Remind them to keep their hands connected with their thighs, a block or the floor.
0:05	L - Static Thread the needle	1X	1	30 sec	5	You can progress this twist by reaching towards the ceiling with the right arm. You can modify this by reaching the right arm towards the seat of the chair.
0:05:30	L - Static T-Spine Twist	1X	1	30 sec	5	You can progress this twist by reaching towards the ceiling with the left arm. You can modify this by reaching the left arm towards the back or seat of the chair.

0:06:00	Repeat, switching left side exercises to right side exercises.	1X	1	5 min	50	
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0:11	L. Modified figure 4	1X	1	30 sec	5	You can progress this into a full figure 4 if your class is ready. The modified version helps participants feel successful and transition into the ankle mobility section easier.
0:11:30	L. Extended ankle circles	1X	10e dir.	30 Sec	5	Focus on drawing slower large circles with the big tow (10) and then with the pinky tow (10) Imagine you have a marker on your toe and are drawing the circles.
0:12:00	L. Plantarflexion and dorsiflexion	1X	10e dir.	30 Sec	5	This "Gas Pedal" movement helps work on ankle mobility by stretching both the front and back of the ankle and while we work on mobility we are sneakily working on warming up the quads and hip flexors too!
0:12:30	L. Ankle Curtsy Stretch	1X	1	30 Sec	5	This stretch should not feel aggressive but more of a gentle stretch on the ankle. If tight ankles is a problem, this can get a little pinchy. This stretch is touch to accomplish with shoes on.
0:13:00	Repeat, switching left side exercises to right side exercises.	1X	1	2 min	20	

STRENGTH & BALANCE	<i>Strengthen Shoulders and mobilize spine</i>					
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<i>TIMESTAMP</i>	<i>MOVEMENT</i>	<i>Sets</i>	<i>Reps</i>	<i>Time</i>	<i>Breaths</i>	<i>NOTES</i>
0:15	Transition to standing and preview	1X	1	1 min	10	Strength and Balance starts with the song, Tomorrow by Andrew Ripp.
0:16:00	Wide Leg Extended Mtn. Pose	1X	1	30 sec	5	Have participants focus on toe placement at the start of this set. Some participants might find having their toes pointed to the corners of the room is more comfortable.
0:16:30	Sumo Squat	1X	1	30 sec	5	Encourage participants to use the chair or place their hands on their hips to take pressure off of their back.
0:17:00	Wide Leg Extended Mtn. Pose	1X	1	30 sec	5	You can bring your hands down to your chest or let them hang to reduce tension on the shoulders.
0:17:30	L. Triangle	1X	1	30 Sec	5	Both Legs are straight, right hand reaches above and left hand can reach down or be set on the chair.
0:18:00	L. Side Angle	1X	1	30 sec	5	Left leg is bent, right leg remains straight.
0:18:30	5 point star	1X	1	30 sec	5	This position gives our legs a break and focuses on shoulder strength.
0:19:00	5 point star hinge to wide leg hinge	1X	1	1 min	10	As you tip, encourage participants to keep their hands out (airplane position) for 5-10 seconds to continue working on strength and then release them down to the chair for a wide leg hinge.
0:20:00	Repeat, switching left side exercises to right side exercises.	1X	1	4 min	40	
0:24:00	<i>Transtion to new foot print and preview</i>	<i>1X</i>	<i>1</i>	<i>30 sec</i>	<i>5</i>	
0:24:30	L. Forward straight leg balance	1X	5, 1	30 sec	5	5 dynamic reps to 1 rep of a 15sec static hold. Your foot will only go as high as the hip allows it too. Encourage participants to remain upright and not tip sideways to lift higher.
0:25:00	L. Reverse straight leg balance	1X	5, 1	30 sec	5	5 dynamic reps to 1 rep of a 15sec static hold. Keep the chest upright and do not hinge over. It is not about getting huge range of motion.
0:25:30	L. Lateral straight leg balance	1X	5, 1	30 Sec	5	5 dynamic reps to 1 rep of a 15sec static hold. The small nature of this movement helps strengthen gluteus medius (the primary hip abductor).
0:26:00	Semi circle balance	1X	5	30 sec	5	Slow and controlled movement. Coach to bring the toe down and stay connected to help maintain control and to reduce tension at the hip.
0:26:30	Hip Reset and Transition	1X	1	30 Sec	5	Wiggle the hips lightly, stretch side to side - whatever is needed to reduce tension and transition.
0:27:00	Repeat, switching left side exercises to right side exercises.	1X	1	2:30 Min	25	

RECONDITIONING	<i>Focusing on hip mobility and tension release.</i>				
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TIMESTAMP	MOVEMENT	Sets	Reps	Time	Breaths	NOTES
0:30:00	Transition to floor: Preview chair modifications	1X	1	1 min	10	Reconditioning starts with the song Departure by Freyr.
0:31:00	Wide windshield wiper	1X	5e	30 Sec	5	Start with your left leg to set up for a smoother transition from final windshield wiper into the left side 90/90 stretch.
0:31:30	Left side 90/90 stretch - over shin	1X	1	30 Sec	5	Having a block nearby helps with hand placement. You can also encourage those having trouble holding the 90/90 position to straighten their back leg.
0:32:00	Left side 90/90 stretch - over/past knee	1X	1	30 Sec	5	Reach towards or past the knee. Encourage participants to reach away from their body and fold over if possible.
0:32:30	Right Side Quad stretch	1X	1	30 Sec	5	Because knee mobility is limited, some of our participants might feel more comfortable with strap around their ankle or not pulling up the ankle up so much. Have them play with placement to feel successful.
0:33:00	Repeat, switching left side exercises to right and right side exercises to left.	1X	1	2 min	20	
0:35:00	Bent knee chest opener	1X	1	30 Sec	5	Hands can be placed close by or farther depending on hip mobility, coach the participant to have their shoulders and neck remain active.
0:35:30	Bent knee low back release	1X	1	30 Sec	5	Similar body placement as the chest opener, but now they are reaching their hands forward. Some members may struggle, so using a block or keeping their hands to the side will help.
0:36:00	Wide Leg Hamstring stretch	1X	1	30 Sec	5	Having a block in front to reach for can help with the target, but participants can also sit on the block to take pressure off of their hips in this position.
0:36:30	L. Side Wide Leg side seam stretch	1X	1	30 Sec	5	Participants can bend their arm and reach towards the ceiling with their elbow to take pressure off of the shoulder.
0:37:00	L. Side Cross arm stretch	1X	1	30 Sec	5	Make sure to coach members to use their opposite hand for leverage either above or below the elbow joint. We do not want to pull directly on the joint itself.
0:37:30	Repeat, switching left side exercises to right.	1X	1	0:02:30	25	
0:40:00	Final Resting Pose	1X	1	0:04:30	45	Encourage participants to find a position that helps their muscles fully relax. Turn the spotlights off to darken the room and spend a majority of the time in quiet.
0:44:30	Seated Exit - Deep breath and shoulder roll.	1X	1	30sec	5	