



This is a basic routine to use with your group. You can mix and match segments and exercises to create variety until you learn more modalities, which will be coming later. Be sure to master what is here first before introducing something on your own to your group. Whatever you add on, be sure you know how to teach it safely and with modifications. The mantra is “feel your group and under train rather than over train,” that is until you get a sense of their fitness level.

Warm Up	Cue	Regressions/ Additional Cues	Time/ Repetitions	Progressions/ Advanced
Swing arms torso	Shoulder in towards midline of the body. We are warming up the core area.		Use this time to talk and greet your group.	
Swing side to side	Easy does it.			
Shoulder roll back & forward	Protraction and retraction Elevation & depression			
Chin up rotate head in both directions	Easy on neck			
Squat hands on knees shoulder isolations	Put weight into the hands, turn shoulder in, elbow is bent	ONLY BEND AS FAR AS COMFORTABLE		
Spinal wave	Whip it thru to neck and tuck in hips. Chest out then chest in.			
Leg cross forward fold. Left & right side followed by <ul style="list-style-type: none"> Hands over head tilt 	Easy, go as low as is comfortable	ONLY BEND AS FAR AS COMFORTABLE		
Jog in place <ul style="list-style-type: none"> Knees up Pull heels back 		Jog in place with heels slightly elevated from floor, on balls of feet	Feel the group - 30 to 60 seconds on each variation or longer for fit groups	
Side straddle palms on the floor, legs wide	Hips straight back	Or hands to knees or shins.		



Turn to side rest elbow on thigh bent knee	Easy rock , cue difference in ballistic and static stretch. Ballistic stretch is moving. Static is still, in place.	You can use the ballistic version of this for a cool down.		
Hip rotation/belly dance	Cue organ massage – organs get stimulated.	Moments like these are great for creating a fun environment		
Power	Cue	Regressions/ Additional Cues	Time/ Repetitions	Progressions/ Advanced
Timed Event - 10 10 10 <ul style="list-style-type: none"> • 10 JUMPING JACKS • 10 PUSH UPS • 10 SIT UPS Descending to 9 jacks, 9 push ups, 9 sit ups, 8, 7, 6...	Move as quickly as you can, this is a timed activity.	Halfway hands up and heel touch down for jacks, Knee push ups or wall, knees bent on sit ups, can swing hands when difficult and kick a leg if needed. Crunches at least They can sit in a chair and lift their knees for sit ups	4 to 6 minutes is expected	Best time ever is 2:43 seconds.
Mountain climbers to march step touch		Standing mountain climbers to march	25 to 50 double count	Push group if able. Do 2 or more times if group is fit.
Alternate lunges front/back <ul style="list-style-type: none"> • Jump lunge • Hands up 			10 to 15 on each leg front /back and jump lunges	Push group again.
Plyometric	Cue	Regressions/ Additional Cues	Time/ Repetitions	Progressions/ Advanced
Burpees	Place hands on the floor, snap back to plank, hop back up to stand.	One hand down at a time, go to downward dog, one foot back at	5 on each level Have group attempt to do spinning,	When your group is able, give them 10 to 25 to do and allow them



	Keep your back aligned without allowing your hips to sway down.	a time, then one foot up at a time.	including both directions.	time to complete them. Showing advanced: hands down, hands up, spinning
Ice skaters option	Swing arms like speed skater cutting/moving your leg behind you.	Say watch me, try to match my cadence and tempo.		Add to or use in place of burpees
Mat Science	Cue	Regressions/ Additional Cues	Time/ Repetitions	Progressions/ Advanced
Child pose	Extend arms, spread fingers and shoulders, lower hip to heels through the knees. Say drop your head below your shoulders and extend arm out.	If there is pain in the knees, fold the mat to protect the knees or avoid the movement all together.		
Cat lift	Push palms into the floor pull tummy in, round out the spine	Chin to chest. Tuck pelvis in.		
Cat bow/cow	Lower the spine, lift the head, raise the tail bone			
Cobra	Lay the hips down, fully extend the arms, lift head and draw tummy in. Slowly lower the upper body by bending the elbows.			
Downward facing dog	Up to toes, push hips back, lower heels. Say lower or relax your heels to the floor.	Push through the shoulders. Allow the head to hang and be aligned. Spread the fingers and		



		rotate the shoulders out.		
Quadruped/bird dog both sides	Hands and knees, legs shoulder width apart, hands directly in front of knees, chest over wrists. Extend right arm straight ahead, raise left leg straight back. Must cue face down, neck aligned.		Hold for 30 second count on each side or more if needed	You will see and experience advanced flow thru this posture in training. Use them only if you are able to give instructions and correct form
Planks	Elbow or half plank Say lower the hips into a straight line with your back. Elbows are aligned with shoulders.	Stay on knees with pelvis as close to the floor as you are able. If possible, lift one knee up off of the floor for as long as you are able. Or have them do a full plank on a chair. Arms extended holding like in a push up position.	Ask them to lower hips in line with their head. This makes the movement more difficult. They may return to elevated hips but their shoulders will not be aligned to the elbows. Warn that this is dangerous for shoulders but they can hold the position w/ hips up for a brief period (5 sec).	Turn in elbows, spread feet, put right hand behind back. Repeat on left side. 2 nd time raise opposite leg after hand is behind the back. Advanced: twist at hips, not head. Walk toes up and back.
Side elbow plank	Elbow is directly aligned with the shoulder. Extend feet straight out.	Allow them to bend their knees, but the hip still raises from the floor.		Pulses optional Advanced: extended legs, open legs, or hand behind head touch elbow to the hand.
Abdominals	Cue	Regressions/ Additional Cues	Time/ Repetitions	Progressions/ Advanced
Butterfly sit ups	Lay on back, spread knees, bottoms of feet together,	Kick a leg if needed but pull it back before	Use discretion for rep range.	Fingers to temple (throw elbows cue)



	heels pulled in close to pelvis. Swing arms to come up to seated position without lifting the leg,s keeping knees apart ,...on 3. 1,2,3 (given quick and lead group right in)	coming all the way up. If kicking the leg does not help give them crunches but keep the knees apart and the bottom of the feet together.		Hands crossed on chest.
Reverse crunch	Knees bent laying on back, hands perpendicular to shoulders. Point toes to nose, touch heels to the floor and raise up. Knees stay bent. Put hands under coccyx bone (butt) if there is back pain or stop.	If feeling back pain - stop. IT(iliotibial band) stretch. Allow knees to rest to one side, head looks in opposite direction.		Extend legs For IT Band stretch extend leg and take toe to the floor
Chair work/Mature Adult	Cue	Regressions/ Additional Cues	Time/ Repetitions	Progressions/ Advanced
March step in chair			1 to 3 mins	March step to single leg step outs, two feet side to side, quick steps.
Shoulder roll	Forward and back		15 to 20 reps	
Open chest	Spread arms, elbows bent		10 to 12 reps	
Forward bend fold	Fingers on legs like spiders walk down the thighs to knees , then to ankles Cue for safety first - talk and be aware.	Must cue keep head up if diabetic or feeling dizzy.	Hold 12 seconds	
Core hold	Sit near edge of chair, hold sides, lean back, raise one knee at a time, leave in the air	Rock up with feet and go right back down	30 seconds Attempt again if group wants. Let them know they will do more second time naturally	Let go of hands on the second try
Leg press	Raise one leg, push down heel like pushing on gas	Cue driving around town. Say funny things	25 reps or less, It burns each leg	



		to take mind off of pain in the upper thigh/hip.		
Shoulder raise	Pour the 100% natural juice or infused water pitchers. Raise elbows.	Only as high as is comfortable.	30 to 60 seconds	
Dips Watch for being out to far as this places shoulder in a unsafe position.	Sit on edge of chair, hands under hips on chair, push out and hold body up. Bend at the elbow as comfortable. Not raising hip up and down, keep heels on the floor	Allow those that can't dip off the edge of the chair to push into the chair in an effort to get their hips to raise up.		
Lunges *optional depending on level of group	Stand at side of the chair. Leg near the chair is forward, outside leg goes back & up on the toe. Hand is on the chair to support, bend knee close to the chair, keep chest up.	Bend as low as comfortable	12 reps 1 time or 2 Each side	
Cardio	Cue	Regressions/ Additional Cues	Time/ Repetitions	Progressions/ Advanced
Kickboxing <ul style="list-style-type: none"> Squat kick both sides Front, back 	Low kick	You do not have to kick high	12 Reps, 1 time or more on each side.	
Punches	Cross jabs hooks Upper cuts Knee bend flat hand push		25 25 25 to 100	Create a sequence that feels comfortable and add on as group learns it.
Flexibility	Cue	Regressions/ Additional Cues	Time/ Repetitions	Progressions/ Advanced
Yoga segment	Warrior 1 <ul style="list-style-type: none"> Leg forward, back leg extended, heel down. Both hands lifted overhead. Warrior 2			



	<ul style="list-style-type: none"> T formation of arms, shoulders relaxed, gaze at the fingertips <p>Warrior 3</p> <ul style="list-style-type: none"> Turn hips, tips of fingers meeting, elbow high shoulders relaxed, open up as front knee bends. Fit To Go signature. Push hand and upper body back keep front knee bent. Back hand rests on back leg. 			
Mat stretch	<p>Quads</p> <ul style="list-style-type: none"> Lay on tummy, right hand grabs right foot, then left Sit on heels, toes point back. Slight rock. 	Cue be easy. If it hurts stop. Breathe into the movement.	You can count breaths instead of counting seconds. ie One breath, two breaths, three breaths	
Half lotus position - Criss cross applesauce	Twist either side, turn head, breathe in, exhale to opposite side	Push on floor and push on bent knees to take body around		
Wosa	Open legs, hands crossed in the air, squat down, wave arms out and then in (gather, release). Stand. Repeat 3 times. Last time say "hug yourself, love yourself, you've just done something wonderful for your body!"			
Kids Routine	Cue	Regressions/	Time/	Progressions/



<i>It helps to be very cheerful and do the exercises with the children.</i>		Additional Cues	Repetitions	Advanced
Jog around room or in place	Have them sing while running or do a chant.		3 to 5 times around	
Washing Machines	Hop up with both feet twisting the upper body to the side, left then quickly right, clap hands 3 times.	Counting, 1, 2, Clap clap clap, 3,4, clap clap clap, 5, 6, clap clap clap etc.	Do 25 or more.	
Side straddle leg stretch	Open legs wide, place hands on the floor.		Have them count out at least 12 seconds.	
Forward bend/leg cross	Cross one leg in front of the other and bend forward. Tell them to say AHHHH! as they go down.		Hold 12 seconds on each side. Again you can have them count, or count after you.	
Games	<ul style="list-style-type: none"> Red light green light Duck Duck Goose Races - Races can be 2 lines as a team, first 2 run up and come back to tag the next person in line, then go to the back of the line. 	Offer continual cues to maintain order and ensure safety		
Children's Yoga Routine	Cue	Regressions/ Additional Cues	Time/ Repetitions	Progressions/ Advanced



Tree Pose	Put one foot on the inside of the knee while standing, raise both hands in the air and clasp fingers. Both sides. Cue “don’t fall down!”	Try to avoid placing foot on the inside of the knee. Go above or below it.	Have them count out at least 10 seconds on each side.	
Stork pose	Raise foot bend knee stand on one foot. Raise hands. Both sides. Cue “don’t fall down!”		Have them count out at least 10 seconds on each side.	
Child’s pose	Extend arms, spread fingers and shoulders, lower hip to heels through the knees. Have them make baby noises “goo goo, ga ga”			
Cat lift	Push palms into the floor pull tummy in, round out the spine. Have them meow like a cat.			
Cat bow/cow	Lower the spine, lift the head, raise the tail bone. Have them Moo like a cow or “Ah OOO” like a wolf.			
Teach them Wosa	Open legs, hands crossed in the air, squat down, wave arms out and then in (gather, release). Stand. Repeat 3 times. Last time say “hug yourself, love yourself, you’ve just done something wonderful for your body!”			



General principles/suggestions for children's group exercises:

- Structure is the same as any group fitness class: warm up, main body of the routine, cool down, and stretch.
- You can incorporate much of the regular Warriors routine with children, including chair exercises.
- The main objective is to make it fun for them! You don't want to scare them away from exercise – they are young and impressionable. Use your discretion about how much to ask of them and how long to do each exercise.
- Have fun! Ask them about the dances they know and let them show you!