



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	Muscles Involved	Muscle Action	Plane of Motion
Swing arms torso	Deltoids	Circumduction	Frontal & Sagittal
Swing side to side	Oblique	Trunk Lateral Flexion	Frontal
Shoulder roll back & forward	Trapezius, Rotator Cuff muscles, Deltoids	Protraction & retraction Elevation & depression	Frontal
Chin up rotate head in both directions	Sternocleidomastoid, Levator scapulae (aka neck muscles)	Circumduction	Transverse
Squat hands on knees shoulder isolations	Oblique, Rectus Abdominis, Quadriceps	Trunk Rotation	Transverse
Spinal wave	Rectus Abdominis, Erector Spinae	Trunk Flexion & Extension	Sagittal
Leg cross forward fold. Left & right side <ul style="list-style-type: none"> Hands over head tilt 	Hamstrings, Erector Spinae	Trunk Flexion	Sagittal
Jog in place <ul style="list-style-type: none"> Knees up Pull heels back 	Quadriceps, Hip Flexors, Hamstrings, Glutes	Knee Flexion/Extension Hip Flexion/Extension	Sagittal
Palms on the floor, legs wide	Hamstrings	Hip Flexion	Sagittal
Turn to side rest elbow on thigh bent knee	Hamstring, IT Band	Knee & Hip Extension	Sagittal
Hip rotation/belly dance	Transverse Abdominis , Oblique	Trunk Rotation	Transverse
Power	Muscles Involved	Muscle Action	Plane of Motion
Timed Event - 10 10 10 <ul style="list-style-type: none"> 10 JUMPING JACKS 10 PUSH UPS 10 SIT UP 	<ul style="list-style-type: none"> Quadriceps & Calves Pectoralis , Triceps, Deltoids Rectus Abdominis 	<ul style="list-style-type: none"> Knee Extension, Plantar Flexion Elbow Extension, Shoulder extension Trunk Flexion 	<p>All SAGITTAL</p> <p>ALL SAGITTAL</p>
Mountain climbers to march step touch	Quadriceps, Hamstrings, Glutes, Transverse Abdominis	Knee/Hip Flexion to Extension	Sagittal



Alternate lunges front/back <ul style="list-style-type: none"> • Jump lunge • Hands up 	Quadriceps, Hamstrings, Glutes, Core	Knee/Hip Flexion to Extension	Sagittal
Plyometric	Muscles Involved	Muscle Action	Plane of Motion
Burpees	Upper Body: Pectoralis , Triceps, Deltoids Lower Body: Quadriceps, Glutes, Hamstrings, Calves Core: Transverse & Rectus Abdominis	Upper Body: Elbow Extension, Shoulder Flexion Lower Body: Knee & Hip Extension, Plantar Flexion	Sagittal
Ice skaters option	Deltoids, Quadriceps, Glutes, Transverse Abdominis, Oblique	Shoulder Extension to Flexion, Hip Extension, Core Isometric Stability	Sagittal & Transverse
Mat Science	Muscles Involved	Muscle Action	Plane of Motion
Child pose	Deltoids, Latissimus Dorsi, Calves	Full Body Extension	Sagittal
Cat lift	Erector Spinae, Trapezius, Lower Back	Trunk Flexion	Sagittal
Cat bow/cow	Transverse & Rectus Abdominis	Trunk Extension	Sagittal
Cobra	Deltoid, Transverse & Rectus Abdominis, Oblique, Hip Flexors	Trunk Extension	Sagittal
Downward facing dog	Latissimus Dorsi, Hamstrings, Calves	Hip Flexion	Sagittal
Quadruped/bird dog both sides	Deltoids, Pectoralis , Transverse Abdominis, Glutes	Shoulder Flexion, Knee & Hip Extension	Sagittal
Planks	Deltoids, Chest, Triceps, Transverse Abdominis , Glutes Calves	Isometric- NO MOVEMENT	Isometric
Side elbow plank	Deltoids, Chest, Triceps, Transverse Abdominis , Glutes, Calves	Isometric- NO MOVEMENT	Isometric
Abdominals	Muscles Involved	Muscle Action	Plane of Motion
Butterfly sit ups	Rectus Abdominis	Trunk Flexion	Sagittal
Reverse crunch	Rectus Abdominis	Trunk Flexion	Sagittal
Chair work/Mature Adult	Muscles Involved	Muscle Action	Plane of Motion
March step in chair	Hip Flexors, Quadriceps, Calves	Hip Flexion	Sagittal
Shoulder roll	Deltoid, Rotator Cuffs, Trapezius	Protraction & retraction Elevation & depression	Frontal
Open chest	Pectoralis	Horizontal Abduction	Transverse



Forward bend fold	Hamstrings	Hip Flexion	Sagittal
Core hold	Transverse Abdominis , Quadricep	Core Isometric, Knee Extension	Sagittal
Leg press	Calves	Plantar Flexion	Sagittal
Shoulder raise	Deltoid	Abduction	Frontal
Dips	Tricep, Pectoralis, Deltoid	Elbow Extension, Shoulder Flexion	Sagittal
Lunges	Quadricep, Hamstring, Glutes	Knee & Hip Flexion to Extension	Sagittal
Cardio	Muscles Involved	Muscle Action	Plane of Motion
Kick Boxing	Primarily Glutes (Maximus, Medius, & Minimus)	Hip & Knee Flexion and Hip Abduction	Sagittal & Frontal
Punches	Deltoid, Triceps, Pectoralis	Shoulder Flexion, Tricep Extension	Sagittal
Flexibility	Muscles Involved	Muscle Action	Plane of Motion
Yoga segment	Warrior 1 <ul style="list-style-type: none"> Quadriceps, Glutes, Transverse Abdominis, Deltoids Warrior 2 <ul style="list-style-type: none"> Same muscles used Warrior 3 <ul style="list-style-type: none"> Same muscles used 	Warriors 1 – front leg knee & hip flexed, back hip & knee extended shoulder flexion Warrior 2- Same, Shoulder abduction Warrior 3- both hips & knees flexed, shoulder flexion	Sagittal & Frontal
Mat stretch	Quadriceps & Hamstrings	Knee Flexion & Extension	Sagittal
Half lotus position - Criss cross applesauce	Rectus Abdominis, Obliques	Trunk Rotation	Transverse
Wosa	Quadriceps, Glutes, Deltoids, Transverse Abdominis	Knees & Hips Flexed Horizontal abduction to adduction	Sagittal Transverse
Kids Routine	Muscles Involved	Muscle Action	Plane of Motion
Jog around room or in place	Quadriceps, Hamstrings, Glutes, Calves	Knee & Hip Flexion & Extension	Sagittal



Washing Machines	Quadriceps, Hamstring, Glutes, Calves, Obliques	Knee & Hip Extension Trunk Rotation	Sagittal Transverse
Side straddle leg stretch	Hamstrings	Hip Flexion	Sagittal
Forward bend/leg cross	Hamstrings	Hip Flexion	Sagittal
Games	A variety of muscles are being used during these games. Mostly lower body due to the nature of running.	If running, then Knees & Hip Flexion & Extension	Sagittal
Children's Yoga Routine	Muscles Involved	Muscle Action	Plane of Motion
Tree Pose	Quadriceps, Glutes, Transverse Abdominis, Deltoids	Isometric- NO MUSCLE ACTION	Isometric
Stork pose	Deltoid, Transverse Abdominis, Quadriceps, Calves	Isometric- NO MUSCLE ACTION	Isometric
Child's pose	Deltoids, Latissimus Dorsi, Calves	Full Body Extension	Sagittal
Cat lift	Erector Spinae, Trapezius, Lower Back	Trunk Flexion	Sagittal
Cat bow/cow	Transverse & Rectus Abdominis	Trunk Extension	Sagittal
Teach them Wosa	Quadriceps, Glutes, Deltoids, Transverse Abdominis	Knees & Hips Flexed Horizontal abduction to adduction	Sagittal Transverse