



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- what to say	Regressions/ Additional Note	Time/ Repetitions	Progressions/ Advanced
<b>Qi Gong swing/ Transverse plane swing</b> – swinging arms towards midline	Swing shoulder in towards midline of the body	We are warming up the core area.	Use this time to talk and greet your group using WINNER	
<b>Sagittal plane dip-</b> dip from side to side reaching arms towards floor	Dip from side to side running your arms along your legs. Only go as low as comfortable			
<b>Shoulder roll back &amp; forward</b> – pulling your shoulders up towards your ears and pushing them away		Protraction & retraction  Elevation & depression		
<b>Head rotation-</b> lift the chin up rotate head slowly. Complete both directions	Easy on neck; focus on something so you don't get dizzy.			
<b>Knee lift with rotation–</b> Lift knee as high as comfortable and rotate leg externally then return to center	Easy does it. Only lift your knee as high as possible	If balance is an issue uses a chair or use wall for balance.		
<b>Tai Chi grounding to hands across the waters.</b>	Feet shoulder width apart, pelvis tucked under. Lift arms from loose wrist to chest level. Lifting the body then sinking back down into the knees pushing the palms down.			
<b>Energy Ball Shift to ground</b>	Left hand over right hand shoulders relaxed elbows elevated. Shift hands to the right along with the body. Shift back and forth slowly to both sides, getting lower and spreading legs as able. Bring back to the ground.	Grounding		



<p><b>Squat hands on knees shoulder isolations-</b> Put weight into the hands, turn shoulder in, elbow is bent</p>	<p>ONLY BEND AS FAR AS COMFORTABLE</p>			
<p><b>Jog in place</b></p> <ul style="list-style-type: none"> <li>• Knees up (high knees)</li> <li>• Pull heels back (butt kicks)</li> </ul>	<p>You are now warming up the body. Use discretion on how hard you should push your group</p>	<p><b>Regression:</b> March in place</p>	<p>Feel the group – 30 to 60 seconds on each variation or longer for fit groups</p>	<p>It is important to raise the body temperature to assure a warm up prior to stretching</p>
<p><b>Spinal wave-</b> Starting with legs more than shoulder width apart. Place hands on knees. Leading with chin lowering body curl up through back with the head lifting last.</p>	<p>Roll it gently through the neck and tuck the hips.</p>	<p>Push chest out then pull chest in.</p>		
<p><b>Full straddle stretch to hip dip-</b> Spread feet hinge over placing hands on the floor if able. Hold for 3 breaths. Turn heels in and drop your hips</p>	<p>ONLY BEND AS FAR AS COMFORTABLE</p> <p>Spread feet wide, hinge at the waist, place hands on the floor. Turn the heels in then drop your hips.</p>			
<p><b>Leg cross forward fold-</b> Left &amp; right side- Standing tall cross left leg over right, reach towards your feet. Complete on both sides.</p>	<p>Easy, go as low as is comfortable ONLY BEND AS FAR AS COMFORTABLE</p>			<p><b>Hands over head tilt-</b> Standing tall cross left leg over right, lean to right with left arm raised over head</p>
<p><b>Palms on the floor or knees, legs wide</b></p> <ul style="list-style-type: none"> <li>• Allow time for adjustment from jogging</li> </ul>	<p>Hips straight back</p>	<p>Or hands to knees or shins.</p>		



<b>Turn to side rest elbow on thigh bent knee</b>		Easy rock, cue difference in ballistic and static stretch. Ballistic stretch is moving. Static is still, in place.		
Dance Moves- One Drop, Two Street line dance, plastic dream	Line dances are good steady state cardio. Use these and learn more.			
<b>Power</b>	<b>Cue</b>	<b>Regressions/ Additional Note</b>	<b>Time/ Repetitions</b>	<b>Progressions/ Advanced</b>
Timed Event - 10 10 10 <b>10 JUMPING JACKS</b> <b>10 PUSH UPS</b> <b>10 SIT UPS</b> 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 and chair crunches are acceptable	4 to 6 minutes is expected	Best time ever is 2:43 seconds.
<b>Mountain climbers to march step touch</b>		Standing mountain climbers to march	25 to 50 double count	Push group if able. Do 2 or more times if the group is fit.
<b>Alternate lunges front/back</b>	Cue to land softly if jumping.  Cue to not allow the knee to go before the toes		10 to 15 on each leg front /back and jump lunges	Jumping split squats  Lunge w/Hands up- Raising the hands increases the intensity of the movement.



Plyometric	Cue	Regressions/ Additional Note	Time/ Repetitions	Progressions/ Advanced
<b>Burpees</b> - Place hands on the floor, snap back to plank, hop back up to stand.	Don't let your back sway down.	One hand down at a time, go to downward dog, one foot back at a time, then one foot up at a time.	5 on each level  Have a group attempt to do spinning, including both directions.	When your group is able, give them 10 to 25 to do and allow them time to complete them. Showing advanced: hands down, hands up, spinning
<b>Ice skaters</b> - 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		
<b>Basketball Jumps</b> - Jumping with both feet at the same time to touch the backboard	Do not lock your knees. Land softly			
Cardio	Cue	Regressions/ Additional Note	Time/ Repetitions	Progressions/ Advanced
Kick Boxing <ul style="list-style-type: none"> <li>Squat kick both sides</li> <li>Front, back- Low kick to medium height</li> </ul>	Only kick as high as you are comfortable.  You control the intensity of your workout. The more you put into the kick the more you will get out of it.	Leg taps side, front and back.	12 Reps, 1 time or more on each side.	Kickboxing routine to remember. Front back and side kicks, straight punch, hook and jab, elbow up and down. Shuffle sideways with downward punch
Punches <ul style="list-style-type: none"> <li>Cross jab</li> <li>Upper cuts</li> <li>Hooks</li> <li>Straight jabs</li> <li>Squat flat hand push</li> </ul>	Do not lock your elbow when throwing a punch. Keep the opposite arm up to protect your face at all times. Advise them to visualize their punches connecting with their opponents in the right places.		25 25 25 25 25 to 100	Create a sequence that feels good - add on as group learns it.
Aerobics movements routine to remember.	Step touch, knee bend, hop with it, add hands, march in place, grape vine, side shuffle, heel drop w/ fist roll.			



Mat Science	Cue	Regressions/ Additional Note	Time/ Repetitions	Progressions/ Advanced
<b>Child pose</b> - Extend arms, spread fingers and shoulders, lower hip to heels through the knees.	Drop your head below your shoulders and extend your arm out.	If there is pain in the knees, fold the mat to protect the knees or avoid the movement all together.		
<b>Cat lift</b> - Push palms into the floor pull tummy in, round out the spine		Chin to chest. Tuck pelvis in.		
<b>Cow</b> - Lower the spine, lift the head, raise the tail bone				*Terrica twist- In a neutral spine add a twist of the waist
<b>Cobra</b> - Lay the hips down, fully extend the arms, lift head and draw tummy in.	Slowly lower the upper body by bending the elbows.			
<b>Downward facing dog</b> - Up to toes, push hips back, lower heels.	Push through the shoulders. Allow the head to hang and be aligned. Spread the fingers and rotate the shoulders out.  Lower or relax your heels to the floor.			
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



<p><b>Planks</b></p> <p>Elbow or half plank</p>	<p>Lower the hips into a straight line with your back.</p> <p>Elbows are aligned with shoulders.</p>	<p>Stay on knees with pelvis as close to the floor as you are able.</p> <p>If possible, lift one knee up off of the floor for as long as you are able.</p> <p>Or have them do a full plank on a chair.</p> <p>Arms extended holding like in a push up position.</p>	<p>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 alighted 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).</p>	<p>Recruits write in advanced plank here:</p>
<p><b>Side elbow plank</b></p>	<p>Elbow is directly aligned with the shoulder. Extend feet straight out.</p>	<p>Allow them to bend their knees, but the hip still raises from the floor.</p>		<p>Pulses optional</p> <p>Advanced: extended legs, open legs, or hand behind head touch elbow to the hand.</p>
<p><b>Find your center of gravity-</b> Sit on the floor knees bent hands on the floor. Lift one knee, then the other.</p>	<p>Lift one knee, then the other.</p>	<p>Option hold hands under thighs, or hands raised</p>		
<p><b>Abdominals</b></p>	<p><b>Cue</b></p>	<p><b>Regressions/ Additional note</b></p>	<p><b>Time/ Repetitions</b></p>	<p><b>Progressions/ Advanced</b></p>
<p><b>Butterfly sit ups-</b> Lay on back, spread knees, bottoms of feet together, heels pulled in close to pelvis.</p>	<p>Swing arms to come up to seated position without lifting the legs keeping knees apart ,...on 3. 1,2,3 (given quick and lead group right in)</p>	<p>Kick a leg if needed but pull it back before 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.</p>		<p>Fingers to temple (throw elbows cue)</p> <p>Hands crossed on chest.</p>



<b>Reverse crunch-</b> Knees bent lying on back, hands perpendicular to shoulders. Point toes to nose; touch heels to the floor and raise up.	Knees stay bent	If feeling back pain - stop.  Allow knees to rest to one side, head looks in the opposite direction.		Extend legs  For IT Band stretch extend leg and take toe to the floor
<b>Chair work/Mature Adult</b>	<b>Cue</b>	<b>Regressions/ Additional note</b>	<b>Time/ Repetitions</b>	<b>Progressions/ Advanced</b>
<b>March step in chair</b>			1 to 3 mins	
<b>Shoulder roll - Forward and back</b>			15 to 20 reps	
<b>Open chest</b>	Spread arms, elbows bent		10 to 12 reps	
<b>Forward bend fold-</b> Fingers on legs like spiders walk down the thighs to knees, then to ankles.	Keep your head up if diabetic or feeling dizzy.  Talk and be aware.		Hold 12 seconds	
<b>Core hold-</b> Sit near edge of chair, hold sides, lean back, raise one knee at a time, keep your knee in the air for a few seconds.		Rock up with feet and go right back down	30 seconds  Attempt again if the group wants.  Let them know they will do more second time naturally	Let go of hands on the second try
<b>Leg press-</b> Raise one leg, push down heel like pushing on gas			25 reps or less	
<b>Shoulder raise-</b> Pour the 100% natural juice or infused water pitchers.	Keep elbows raised.	Only as high as is comfortable.	30 to 60 seconds	
<b>Dips -</b> 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	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 rise up.		



<p><b>Lunges-</b> Stand at side of the chair. Leg near the chair is forward, outside leg goes back &amp; up on the toe.</p>	<p>Hand is on the chair to support, bend knee close to the chair, and keep chest up.</p> <p>Bend as low as comfortable</p>	<p>*optional depending on level of group</p>	<p>12 reps 1 time or 2 Each side</p>	
<p><b>Chair Dance Routine-</b></p>	<p>move for chorus, verse and bridge.</p>			
<p><b>Flexibility</b></p>	<p><b>Cue</b></p>	<p><b>Regressions/ Additional Note</b></p>	<p><b>Time/ Repetitions</b></p>	<p><b>Progressions/ Advanced</b></p>
<p>Yoga segment</p> <p>Warrior poses as other yoga postures are good for cool down or as a routine of themselves.</p> <p>By adding time on tension you can get a great burn in the muscles being worked.</p> <ul style="list-style-type: none"> <li>● Hold can be pulsed as with toe lifts, rocking back and forth or waving.</li> </ul>	<p><b>Warrior 1</b> - Leg forward, back leg extended, heel down. Both hands lifted overhead.</p> <p><b>Warrior 2</b> - T formation of arms, shoulders relaxed, gaze at the finger tips</p> <p><b>Exalted Warrior</b> - Turn hips, tips of fingers meeting, elbow high shoulders relaxed, open up as front knee bends. Push hand and upper body back keep front knee bent. Back hand rests on back leg.</p>			<p>You can add twisting movements while holding posture.</p> <p><b>Humble Warrior-</b> Begin in Warrior 1. Gently step your front foot one to two steps over to the right with your toes slightly turning right to keep the groin open and protect your knee. Interlace your fingers behind your back. Inhale to expand your chest and lungs. Exhale and continue to keep your heart open and gently bow forward.</p>
<p><b>Mat stretches</b></p> <p><b>Quad Stretch-</b></p>	<p>Lay on tummy, right hand grabs right foot, then left</p>	<p>Be easy. If it hurts stop. Breathe into the movement.</p>	<p>Hold for at least 30 seconds</p>	
<p><b>Quad Stretch-</b></p>	<p>Sit on heels, toes point back. Slight rock.</p>		<p>Hold for at least 30 seconds</p>	



<b>Runner's stretch</b>	One leg back other leg extended. Rest on opposite hand, then elbow.		Hold for at least 30 seconds	
<b>IT band stretch-</b>	Allow knees to rest to one side, head looks in the opposite direction.		Hold for at least 30 seconds	
<b>Half lotus position –</b>	Seated with your legs in crisscross applesauce. Twist either side, turn head, breathe in, exhale to opposite side			
<b>Wosa-</b>	Open legs, hands crossed in the air, squat down, wave arms out and then in (gather, release). Stand. Repeat 3 times.	3 <sup>rd</sup> time say: “hug yourself, love yourself, you’ve just done something wonderful for your body!”		
<b>Kids Routine</b> <i>It helps to be very cheerful and do the exercises with the children.</i>	<b>Cue</b>	<b>Regressions/ Additional Cues</b>	<b>Time/ Repetitions</b>	<b>Progressions/ Advanced</b>
<b>Jog around room or in place</b>	Have them sing while running or do a chant.		3 to 5 times around	
<b>Washing Machines</b>	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.	
<b>Side straddle leg stretch</b>	Open legs wide, place hands on the floor.		Have them count out at least 12 seconds.	
<b>Forward bend/leg cross</b>	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.	
<b>Games</b> <ul style="list-style-type: none"> <li>● Red light green light</li> <li>● Duck Duck Goose</li> <li>● Races - Races can be 2 lines as a team, first 2 run up &amp; come back to tag the next</li> </ul>	Offer continual cues to maintain order and ensure safety			



person in line, then go to the back of the line.				
<b>Children’s Yoga Routine</b>	<b>Cue</b>	<b>Regressions/ Additional Cues</b>	<b>Time/ Repetitions</b>	<b>Progressions/ Advanced</b>
<b>Tree Pose-</b> Put one foot on the inside of the knee while standing, raise both hands in the air and clasp fingers. Both sides.	Don’t fall down!		Have them count out at least 10 seconds on each side.	
<b>Stork Pose-</b> Hold one leg out in front of you as if it is a table. Point toes down and try to maintain your balance	Use encouraging words to keep kids encouraged and trying when they fall.		Have them count out at least 10 seconds on each side.	
<b>Karate Kid Pose-</b> Hold one leg straight out in front of you like the KarateKid and raise your hands.	Don’t fall down!			
<b>Child’s pose-</b> Extend arms, spread fingers and shoulders, lower hip to heels through the knees.	Have them make baby noises “goo goo, ga ga”			
<b>Cat lift-</b> Push palms into the floor pull tummy in, round out the spine.	Have them meow like a cat.			
<b>Cow-</b> Lower the spine, lift the head, raise the tail bone.	Have them Moo like a cow or “Ah OOO” like a wolf.			



<p><b>Wosa-</b> Open legs, hands crossed in the air, squat down, wave arms out and then in (gather, release). Stand. Repeat 3 times.</p>	<p>“hug yourself, love yourself, you’ve just done something wonderful for your body!”</p>			
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**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!

Learn how to mix and match parts of your training packet to create a class. You can use walking around the room as a warmup, chair work, and cardio for the body of your class, then yoga or mat science for cool down. Be creative and adjust your choices to suit your class. After you have warmed up your class you can follow a simple pattern of movements for upper body then lower body. Generally it is suggested that larger muscle groups like legs be worked first but you can adjust this in accordance with the fitness level of your group.

Designing classes to suit various fitness levels is an art form. Consider the whole person when getting in touch with your group. This happens intuitively and naturally but you can maintain alertness for it as it happens while gaining experience as a trainer.

Using fun activities in your class like One Drop, Plastic Dream Line dance, Soul train line, for now should get you through teaching a few classes. You will get more modalities throughout and after training like HIIT, Agility Work, Tabata, Stability Ball, Cones, Battle ropes, Focus Mitts, resistance bands and weights. Welcome to Wellness! Some of these I will offer outside of training days like Focus Mitt work and Stability ball training. If you are in need of advanced routines for intermediate to advanced level classes please ask me or your Captain about the Ennead list of advanced training routines.

Here is a link to one of my exercise Dvds from back in the day, <https://www.youtube.com/watch?v=YUkDOPjtu9o> . Use parts as you see fit for your class.

Welcome to the Fitness Warriors. It won’t be easy but it will be worth it. For the Community and You!

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