

## Fitness Warriors Design Toolbox

This toolbox is designed to create a foundation from which you will build your classes. It is not intended to have all the component pieces that you will learn as you develop your own structure, choreography and add your own style, but is a place to start, build from, and come back to should you need to.

With any exercise routine, whether it is for yourself or others, always ask the same five questions as you add components to your routines:

- What is the purpose of the exercise?
- Are you doing it effectively?
- Does the exercise create any safety concerns?
- Can you maintain proper alignment and form for the duration of the exercise?
- For whom is the exercise appropriate or inappropriate for?

The Activities of Daily Living are movements that we perform every day:

- Squat
  - Getting up from a chair/getting something from the floor
- Push
  - Moving a piece of furniture/putting an item up on a shelf
- Pull
  - Bringing an item down from a shelf/starting a lawn mower

Notes:

Workouts should be broken down into the following components:

- Warm Up
  - Preparing the body for work, warming the core, starting to raise the heart rate, assessing how we feel.
- Stretch
  - Initial stretches to round out a warm up, identify areas that may be tight/sore/limited. Can be extended for flexibility workouts.
- Work
  - Let's go!
- Cool Down
  - Slowing the heart rate, turning off energy demand, allowing core temp to come down.
- Stretch
  - Final component of any workout, assess how we feel, say thank you to our bodies.

### **Form and Quality of Movement:**

Form is defined as a specific way to perform a movement which will avoid injury and increase effectiveness.

Quality of movement speaks more to how the movement is performed within the parameters of form - speed, smoothness, consistency.

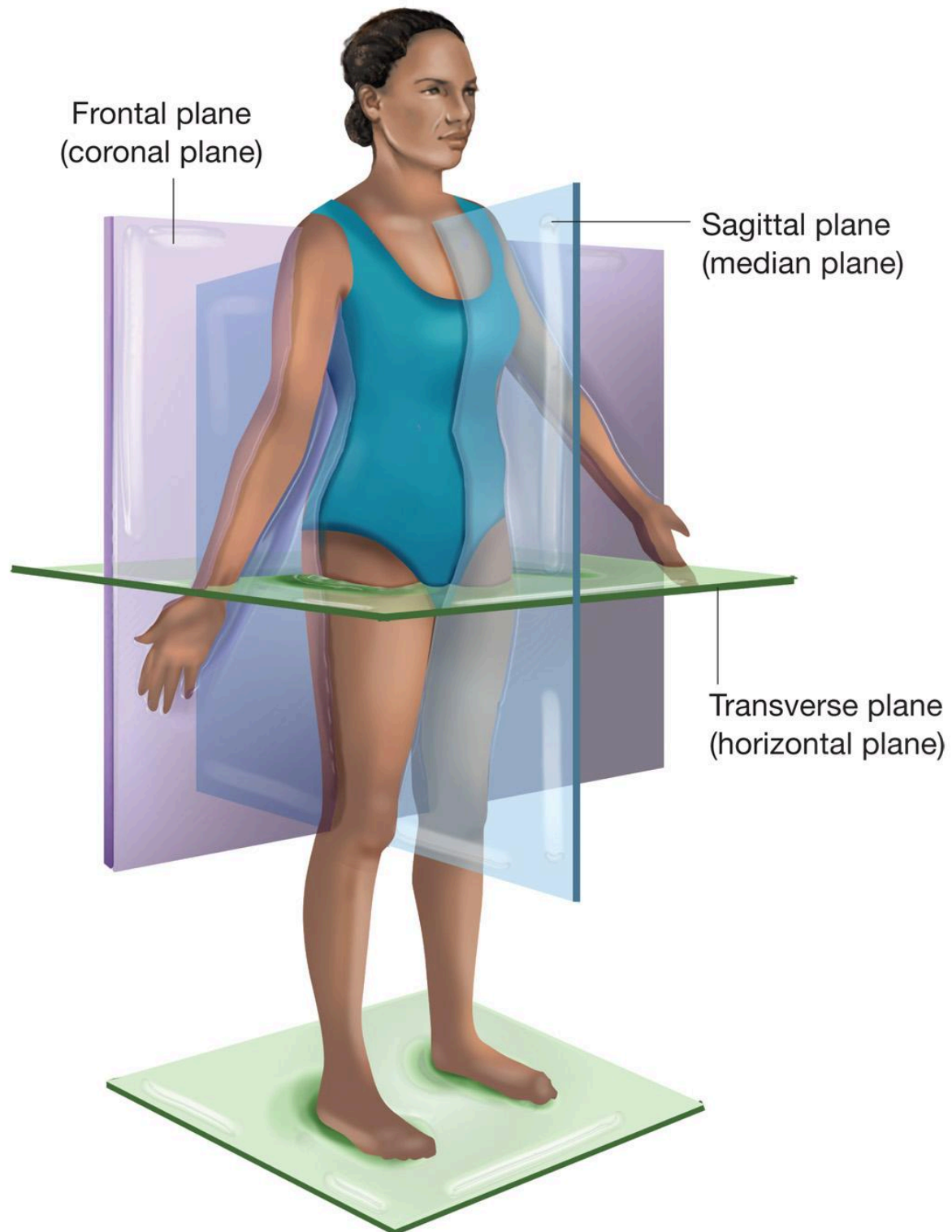
### **Foundational Stance:**

Feet are about hip/shoulder width apart, strong base, feet connected to the floor. Knees soft, chest lifted, shoulders back, chin up.

Notes:

## Planes of Movement:

The majority of movement happens in which plane? Ensure variety of movement through all planes.



The following exercises serve as a menu that you can choose from as your start to design your own classes. You do not have to use all of them and there is space in each section for you to add your own.

Understand your modifications and progressions. Modifications section left blank for us to add as we work.

**\*\*Keep warm ups simple and all soft landings - plyo and jumps should not be included here.**

Warm Up	Cues	Notes	Time/Reps	Modifications
<b>Easy March in Place</b>	Soft feet, gentle arm swings	Good time to use WINNER	100 steps/one minute	
<b>Stepping Jacks</b>	Alternating legs step to the side, arms together each rep	Keep it soft, explore overhead ROM of shoulders	30 is a good target	
<b>Easy High Knees</b>	Alternating legs	Taps knees with fingers or add elbow touches	10 on each side	
<b>Hamstring Curls</b>	Alternating legs	Soft butt kick, pull elbows back	10 on each side	
<b>Clock Face Toe Taps</b>	Tap toes around each side of a clock face	Use a chair or wall for balance.	10 on each side	
<b>Invisible Rope Pull Downs</b>	Alternating arms, reach overhead and pull invisible rope down	Plant feet and reach as high as ROM will allow	10 on each side	
<b>Turn and Reach</b>	Reach arm across the midline, turning through the waist	Add back leg tap	10 on each side	
<b>Freestyle Dance Party!</b>	Find a great song and have a dance!			

Stretches	Cues	Notes	Time/Reps	Muscle Group
<b>Goal Post</b>	Elbows in alignment with shoulders, pull shoulder blades back and down		12-15 seconds	Chest, front of shoulder
<b>Beach Ball</b>	Interlock fingers, pull shoulder blades apart, around body around the ball		12-15 seconds	Upper back, back of shoulders
<b>Trap Stretch</b>	Clasp hands low behind back, drop shoulders	Optional chin to chest	12-15 seconds	Traps, neck
<b>Bicep Stretch</b>	Extend arms wide at shoulder level, pull finger tips to temples  Rotate wrists so thumbs point down, press the space behind		12-15 seconds	Biceps
<b>Triceps Stretch</b>	Bring one arm across the shoulders with elbow bent. Place opposite hand above the elbow to assist the stretch.		12-15 seconds	Triceps
<b>Back Round</b>	Partial squat position or seated, place hands on thighs, pull tummy in tight and lower head		12-15 seconds	Back
<b>Crossover Hamstrings</b>	Cross one leg in front of the other, hinge over as far as comfortable, feel stretch in back leg		12-15 seconds	Hamstrings, glutes, lower back (posterior chain)
<b>Quads</b>	Bend knee to bring heel up, catch foot/sock/shoe to assist		12-15 seconds	Quadriceps
<b>Figure Four</b>	Cross one ankle over opposite knee, lower hip to assist stretch. Hold a wall or chair for balance if needed.		12-15 seconds	Lower back, abductors

Strength	Cues	Notes	Time/Reps	Modifications
<b>Squats</b>	Feet shoulder width apart, create connection with the floor through feet, lower hips as though sitting in a chair, drive feet through the floor to come back up.	Watch for shoulders "chasing".	10-12 x 3	
<b>Calf Raises</b>	Feet slightly inside shoulder width, come up onto toes	Control the downward movement.	10-12 x 3	
<b>Side Leg Lifts</b>	Center one foot, soften knee of working leg, toe forward, lift leg out to the side.	Toes pointing sideways means quads are working.	10-12 x 3 each side	
<b>Rear Leg Lifts</b>	Center one foot, flex heel of working leg, squeeze leg back, feel glutes tighten.	Upper body tall!	10-12 x 3 each side	
<b>Isometric Clock Face Toe Taps</b>	Center one foot and lower into partial squat position and hold. Tap opposite leg around clock face.	Slow count, the still leg is the one that is working.	10 count for taps each side.	
<b>Sumo Squats</b>	Find squat position and turn toes out. Upper body tall, drop hips as low as is comfortable.	Upper body tall, will not be as deep as squats.	10-12 x 3	
<b>Push Ups</b>	Hands in alignment with shoulders, push body weight away.	Wall - relative foot position to increase intensity, to knee push ups, to full, to hand release.	3 sets of each person's achievable number of reps	
<b>Lunges</b>	Feet hip width apart, step out or back, bending knees to as close to 90 degrees as is comfortable.	Upper body tall, step out or back as far as comfortable.	10 each side x 3	

<b>Lateral Arm Raises</b>	Elbows soft, start with hands to the outside of hips, raise arms from the shoulder, stop when arms are level with shoulder.	Shorten the lever by bending the elbow to decrease load.	10-12 x 3	
<b>Front Arm Raises</b>	As lateral but hands start in front of the hip and bring arms up in front of the body.		10-12 x 3	
<b>Bicep Curls</b>	Elbows aligned with the sides, palms up, hinge at the elbow to bring hands towards the front of the shoulder.		10-12 x 3	
<b>Tricep Extensions/Kick Backs</b>	Bend elbows to 90 degrees and pull back behind the body. Palms turned inwards, hinge at the elbow to push hands back.	Can also be done in a hip hinged position to increase load and work core.	10-12 x 3	
<b>Core</b>	<b>Cues</b>	<b>Notes</b>	<b>Time/Reps</b>	<b>Modifications</b>
<b>Heel Drops</b>	Bend knees to 90 degrees, start with knees above hips, drop heels to the floor by opening hip.	Start with participants having hands under lower back.	10-12 x 3	
<b>Quadruped/Bird Dog</b>	Hands and knees shoulder and hip width apart. Extend right arm straight ahead, raise left leg straight back. Keep gaze down to protect neck.		Hold for 30 second count on each side or 10 reps each side with knee and elbow coming in and out.	.
<b>Dead Bug</b>	Laying flat on your back with both arms in the air and both legs up and bent. Keeping your core tight, lower your right arm while lowering your left leg. Return both to the top then start on the other side		Alternating 10 reps x 3.	
<b>Planks</b> <b>Elbow or half plank</b>	Hands or elbows under shoulders, forming a “box” under your chest.		Hold for as long as participants feel able. 30	

	Shoulders and hips should be aligned.		seconds is a good target.	
<b>Side elbow plank</b>	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.	Hold for as long as participants feel able. 30 seconds is a good target.	
<b>V-Sits</b>	Lean back from a seated position until abs tighten. Hold with legs bent and heels touching the floor.		Hold for as long as participants feel able. 30 seconds is a good target.	
<b>Hip Bridges</b>	Lie with knees bent and heels pulled close. Drive feet through the floor and lift hips to the sky.		10-12 x 3	
<b>Cardio</b>	<b>Cues</b>	<b>Notes</b>	<b>Time/Reps</b>	<b>Modifications</b>
<b>Basketball Jumps</b>	Lightly jump and reach for the backboard with alternating hands.		30 seconds	
<b>Skaters</b>	Reach alternate legs across and behind, light step or jump.		30 seconds	
<b>Jumping Jacks</b>	Jump legs out and arms up, bring back to center.		30 seconds	
<b>Jog in place</b>	Actively jog in place, land softly		30 seconds	
<b>Skip</b>	Skip over an imaginary jump rope.		30 seconds	
<b>Overhead reach to knee</b>	Start with arms overhead and one leg out to the side. Alternate pull knees and hands together.		30 seconds	

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Remember: stretch is the opposite of load. Keep it simple!

Muscle Group	Key Exercises	Stretch(es)	Add Your Own!
<b>Calves</b>	Calf raises, basketball jumps.	Dorsiflexion with straight leg, toe to wall, foot on box/chair, extend knee over toe	
<b>Quads</b>	Squats, knee extension, hip flexion (rectus femoris)	Ankle grab, pull to glutes. Seated, drop knee to floor and extend hip.	
<b>Hamstrings/Glutes/Lower Back (posterior chain)</b>	Squats, hamstring curls, hip bridges, dead lifts, rear leg lifts, hip extension.	Reach to toe, straight leg or crossed legs, figure four (piriformis),	
<b>Abdominals and Hip Flexors</b>	V sits, heel drops, crunches.	Simple reach with hip extension, cow pose, belly breaths, lateral overhead reach, quad stretch.	
<b>Chest</b>	Push Ups, planks	Goal post, Y stretch	
<b>Upper back</b>	Push ups, quadruped/bird dog	Beach ball, assisted cross over arm.	
<b>Arms</b>	Bicep Curls and Tricep Extensions/Kick Backs	Arms across the body, support above elbow with opposite hand.  Push the walls away with palms out.	

Notes:

### Elements of Teachbacks

Each Warrior will be asked to:

- Teach two randomly chosen sections of their approved class design.
- Show an exercise and stretch for each of four muscle groups.

Warriors will be evaluated on delivery of safety cues, knowledge of progressions and modifications, energy and clarity of communication.