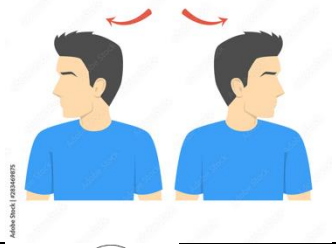
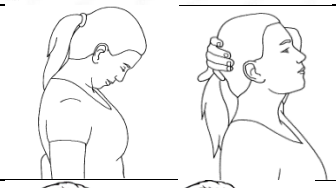
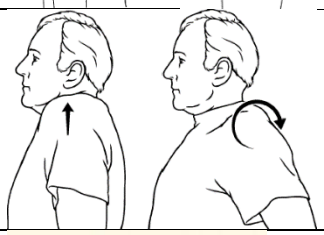
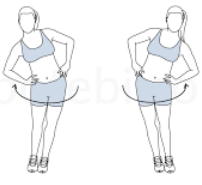
Very Active Class- Week 5 03/05/24

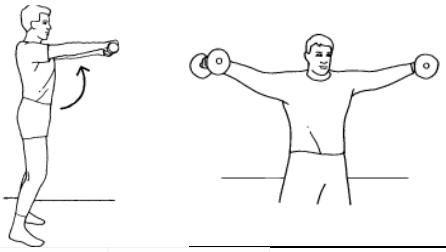
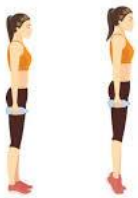
Brief Introduction

Warm-Up: 3.5 minutes (allowing 1 minute for transitions)

Exercise	Time Spent	Picture
Marching- light – with or without arm swing	30 seconds	
Neck rotations	20 seconds	
Looking up to the sky + down to the ground	20 secs	
Shoulder rolls	20 seconds	
Side bends	20 seconds	
Hip Circles	20 seconds	

Ankle Mobs	20 seconds	

Strength: 45 seconds on, 15 seconds off x 3- 20 minutes (allowing 1 minute rest in between sets)

Exercise	Progression	Regression	Picture
Front to lateral raises	Increase Weight	No weight	
Weighted squat with three pulses	Increase weight	No weight No pulsing	
RDL	Increase weight	Decrease range	
Pogo bounce calf raises	Increase speed	No bounce during calf raises	
Bicep curl to overhead press	Increase weight	Only bicep curl	

Wall sit	Hold weight	Decrease depth	

1 minute Water Break

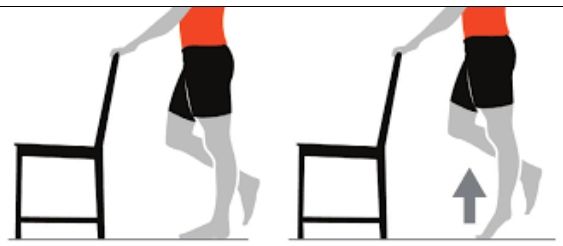
Cardio: (45 seconds on, 15 seconds off) x 3- 9 minutes (allowing 1 minute rest in between sets)

Exercise	Progression	Regression	Picture
Alternate toe touch with jumps	Increase speed	No jumps	
High knees	Increase speed	Decrease speed/done at walking pace	

1 minute Water Break

Balance: **(45 seconds on, 15 seconds off) x 2- 6.5 minutes (allowing 30 seconds rest in between sets)**

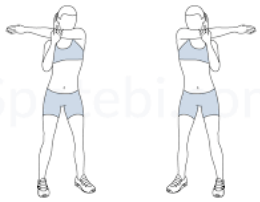
Exercise	Progression	Regression	Picture
Tip toe walking	Increase walking spped	Use chair for support	

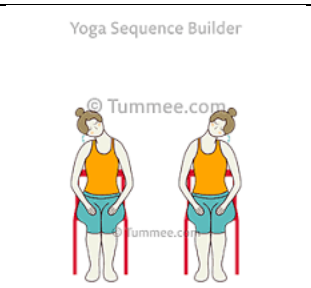
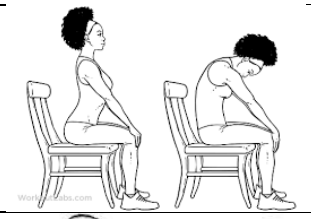
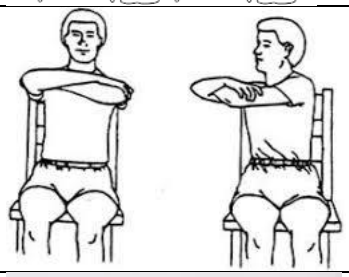
Tandem walking	Increase speed	Tandem stance	
Single leg stand	No chair support	Use chair for support	

1 minute Water Break

Pull up a chair to have beside you:

Cool down: (4 minutes)

Exercise	Picture
Slow marching on the spot	
Across body stretch	
Hand behind head stretch	
Calf stretch	

Neck rolls	
Seated cat-cow	
Trunk rotations	
Seated hamstring stretch	
Deep breathing	Inhale for the count of 5, hold for 2 at the top and exhale for the count of 5. Repeat 5-10 times

Feedback: 2-3 minutes