Active Class Plan

Warm-Up 3 minutes

Exercise	Time
March	30 secs
Neck Rotations	30 secs
Shoulder rolls	30 secs
Tx Rotations	30 secs
Hip rotations	30 secs
Ankle rotations	30 secs

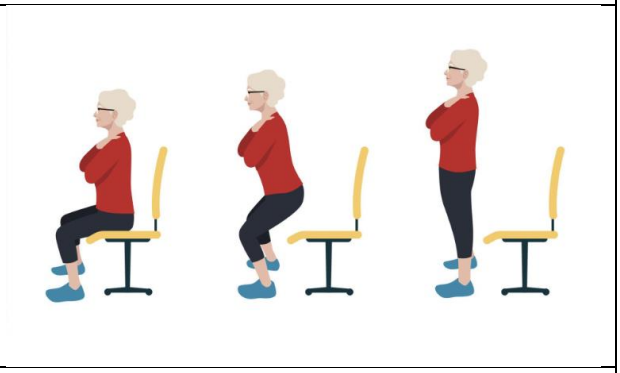
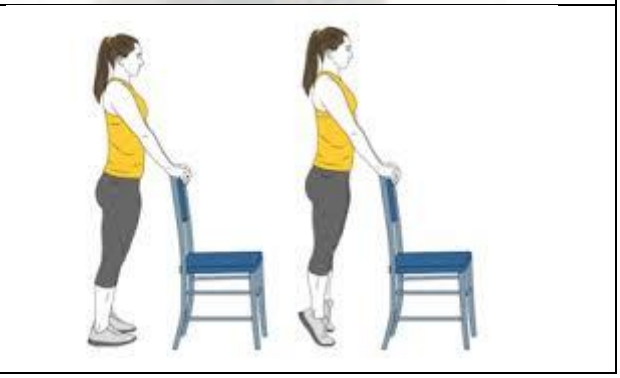
2 minutes transition from warm up and explanation of cardio exercises

Cardio 9 minutes

Exercise	Time	Picture
Big March/Small march	40 sec big march/20 sec active rest small march	
Side steps/walk on spot	40 sec side steps/20 sec active rest walk on spot	
Cross body punches	40 sec big punches/20 sec active rest slower punches or walk on spot	

2 minute rest and explanation of strength-

Strength 40 on/20 off x 3 (9 minutes)

Exercise	Picture
Sit-stand	
Iso towel grip and twist	
Calf raises	

2 minutes rest and explanation of next round

Strength and balance 40 on/20 off

Exercise	Picture
3 toe taps each leg	

Weight shift and overhead press NO WEIGHT	
Forward lunges	

Cool down

Exercise	Picture
Neck stretch	
Arm across body	

Seated forward fold	
Seated hamstring stretch	
Toes to ceiling	
Deep breathing	