

Balance for Life Exercise Routine (ed. 11/2016)

Walking - in place for 2 minutes , 3 deep breaths, remain standing

Calf Stretch – hold for 15 seconds, repeat twice on each leg

Trunk Twists – rotate left, center, right - 3 x **Return to seated**

Neck flexion – ceiling, center, down, etc 5 x

Neck side bending – ear to shoulder – left, center, right 5 x

Neck rotation (owl) – look over shoulder – left, center, right 5x

Diagonal Arm Press across to body overhead – left, right 10x each

Diagonal Arm Press across the body toward the floor – left, right
10x each

Take a nice deep breath and have a sip of water

Wrist flexion & extension – “stop sign” arm left for count of 10 then
right for count of 10

Wrist flip/flop – for a count of 20 **Return to standing**

Bicep Curls with resistance bands 20x each side – shake out/wiggle your arms out

Tricep extension with resistance bands 20x each side – shake out/wiggle your arms out

Keep the band in your hands, arms up and pull band in and out for a count of 20 - shake out/wiggle your arms

Keep the band in your hands, arms over head should width apart – lean left, center, right, center for a count of 10 times each. **Return to seated.**

Take 2 nice deep breathes and have a sip of water.

Ankle Pumps – lift you leg and point & flex 20x ea ankle

Seated Marching – one leg @ a time 20 x each side

Knee Extension – up, out, in & down 12 x each side

Rowing Exercise – row for a count of 20 - hinge...

Arm Chair Push – Put hands on arms of chair or under your legs and push body up out of chair, partially standing or to standing for 7 times – personal best...

Hug (chest & back stretch) 5 times

Hamstring & back stretch (slide hands/arms down the extended leg)
7 times on each leg. **Return to standing.**

T Arms – Turn palms & biceps up toward the ceiling with jazz arms
– count of 20

Shoulder Pumps – From T pose, turn palms down to face the ground,
start slowly, chopping arms back - count of 20

Arm Twists – From T pose, look @ 12 o'clock. Turn from the belly
button to the right, move arms to 10 o'clock then 4 o'clock, etc. –
count of 5

Find your balance. Three nice, deep breaths.

Weight Shifting – feet hip distance apart. Shift weight left to right
for one minute.

Rock and roll – up on toes, back on heels - set of 12

Side Stepping – Step right, together, left together for one minute.

The Box Waltz 1 minute with left foot leading, 1 minute for right foot leading

Up, up, back, back – step up, step back – 1 minute

Heel and toe raises – slowly rock back on your heels raising your toes off of the floor. Repeat 10 x.

Leg lifts to the back – left for 12 and right for 12

Leg lift to side – Left for 12 x and right for 12 x.

Hula – 30 seconds with right lead & 30 seconds with left lead

Standing Hip Extensions – slide your foot back, sliding from heel to toe, finishing w/ leg back & toe (ballet move) 12 on left & right

Squats – You can hold on to your arm chair backing and do your squats or you can squat to your seat. 12 x

Hurdle Lunge – Mountain Pose – holding on to back of chair, begin to lower back knee down toward the ground w/o letting it touch, aim to align back leg under the hips as it lowers, bend the front knee in line w/ toes. When coming back up, push off with the back foot to maintain the alignment of the back heel over the toes. – Count of 10 on each side

Single Leg Hip Hinge: holding on to back of chair, raise one leg up to knee and hinge leg back leaning back forward – count of 10 on each side 5

Standing Marching – 2 minutes...

Return to seated

Touch Elbows Stretch - elbows to chest for a set of 15

Finger Spread – spread fingers out and into a fist – count of 10

Foot Circles – Left & Right 20 total

Seated shoulder diagonal hand press side to side – count of 20

Wrist Rotation (the door knob) count of 20 repetitions

Tree pose – hold the back of the chair, raise one foot to lean on the side of the other leg BELOW the knee – NOT ON THE KNEE, press your tailbone toward the floor, 30 second hold on the left and a 30 second hold on the right.

Three best breaths of your day! Breathe in XXXX, Breathe out XXXX – peace, love, friendship, strength, community & balance

Thank you for coming to the Balance for Life Class!

to knee and hinge leg back leaning back forward - count of 10 on
each side 2

Standing Marching - 2 minutes

Return to seated

Touch Elbows Stretch - choose to chair for a set of 15

Finger Spread - spread fingers out and then a fist - count of 10

Foot Circles - Left & Right 20 total

Seated shoulder diagonal hand plus side to side - count of 20

Wrist Rotation (the door knob) - count of 20 repetitions

Tree pose - hold the back of the chair, raise one foot to lean on the
side of the other leg BELOW the knee - NOT ON THE KNEE, raise
your tailbone toward the foot. 30 second hold on the left and a 30
second hold on the right

Three best practices of your day, practice in XXXX, practice in XXXX
- peace love, kindness, strength, community & balance