

Designing Dynamic Senior Fitness Sessions



Emily Johnson

Founder, StrongerU Senior Fitness
emily@strongeruseriorfitness.com



StrongerU

Senior Fitness

COMMON MYTHS ABOUT AGING AND EXERCISE

AGE

"My residents are too old to exercise. "

LIMITATIONS

"My residents have pain and chronic conditions."

RISK

"I don't want to hurt them"

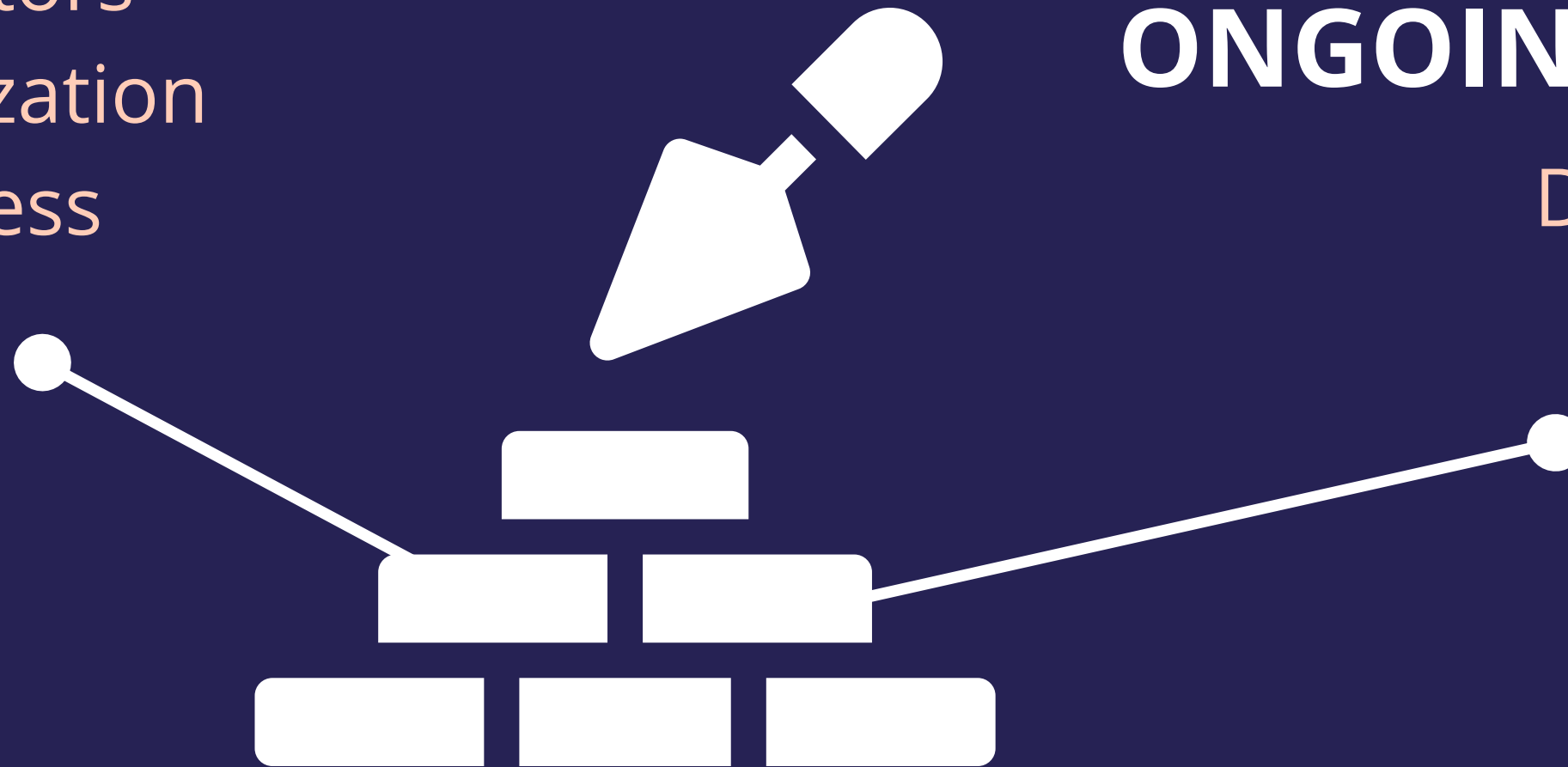


EDUCATION/ CERTIFICATION

Have you or the instructors teaching at your organization completed a senior fitness course/ certification?

ONGOING LEARNING

Do you take part in annual continuing education?



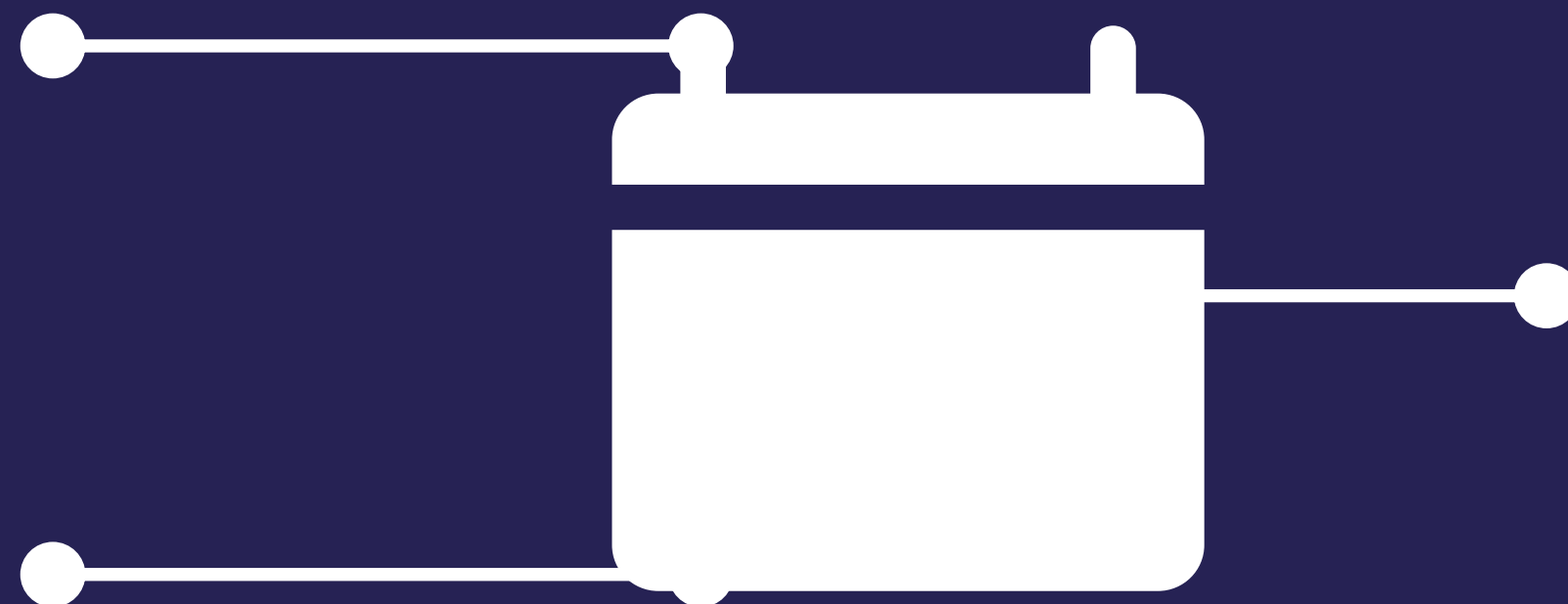
FOUNDATION

CARDIO

At least 150 minutes of moderate to vigorous intensity aerobic activity per week.

BALANCE

Programming to prevent falls and enhance balance.



STRENGTH

At least 2 days per week of muscle and bone strengthening exercises for all the major muscle groups.

SCHEDULE



Let's Move!



CARDIO BASE MOVES

- ✓ MARCH
- ✓ HEEL DIG
- ✓ TAP BACK (HAMSTRING CURL)
- ✓ KNEE LIFT
- ✓ STEP TOUCH/ SIDE STEP
- ✓ MAMBO

DESIGNING CARDIO COMBOS

- 1 Base Moves
- 2 Layer to Create a Combo
- 3 Changes in Speed
- 4 Arms
- 5 Direction
- 6 Reverse It

Example: March, heel dig, heel dig, mambo side



**Other things to
consider...**

Music

Goal of the combo

Planes of movement



2023



Fitmas

Programming



Track #1: Rudolph the Red-Nosed Reindeer (3:06)

Time	Choreography	Repetition
0:00	(4x8) Intro and Hold	
0:06	(4x8) Reach Reach arms wide O/H (8 counts), Reach arms wide down (8 counts)	2x
0:23	(8x8) Reach and March Reach arms wide O/H w/ march L, R, L, R (8 counts), Reach arms wide down w/ march L, R, L, R (8 counts)	4x
0:50	(8x8) Rudolph Combo Step out L, R (4 counts), Step in L, R (4 counts) 2x , Pause and point forward (4 counts), Point to your nose (4 counts), Step out L, R (4 counts), Step in L, R (4 counts) <i>*Option to take out the pause, point, and nose and do 8 repetitions of the Step out L, R (4 counts), Step in L, R (4 counts)</i>	2x
1:17	(8x8) Step Out/In Step out L, R (4 counts), Step in L, R (4 counts)	8x
1:43	(8x8) March March L, R (2 counts)	32x
2:11	(8x8) Reach and March	4x
2:37	(8x8) Rudolph Combo	2x

Track #2: Sleigh Ride (3:00)

Time	Choreography	Repetition
0:00	(1x8) Sit toward the edge of their chair	
0:06	(4x8) Slow March L, R (4 counts)	8x
0:27	(6.5x8) Heel Digs L, R (4 counts)	14x
1:01	(6.5x8) Tap Back L, R (4 counts)	14x
1:35	(8x8) Heel Dig L and Tap Back R Combo Heel Dig L (4 counts), Tap Back R (4 counts) <i>*Option to go half the speed for half the repetitions</i>	8x
1:55	(2.5x8) Slow March L, R (4 counts)	10x
2:08	(8x8) Heel Dig R and Tap Back L Combo Heel Dig R (4 counts), Tap Back L (4 counts) <i>*Option to go half the speed for half the repetitions</i>	8x
2:30	(6.5x8) Slow March R, L (4 counts)	14x



BUILDING STRENGTH COMBOS

- ✓ BICEPS
- ✓ TRICEPS
- ✓ SHOULDERS
- ✓ BACK
- ✓ CHEST
- ✓ ABDOMINALS



BUILDING STRENGTH COMBOS

- ✓ **GLUTES/ ABDUCTORS**
- ✓ **ADDUCTORS**
- ✓ **HAMSTRINGS**
- ✓ **QUADRICEPS**
- ✓ **ANTERIOR TIBIALIS**
- ✓ **GASTROCNEMIUS**

- 1 Base Moves
- 2 Layer to Create a Combo
- 3 Changes in Speed
- 4 Reverse It

Example:

- Biceps reach combo
- Knee lift combo

DESIGNING STRENGTH COMBOS

Other things to consider...

Music

Goal of the combo

Planes of movement



Track #7: I've Got My Love to Keep Me Warm (3:09)

Time	Choreography	Repetition
0:00	(2x8) Grab weights and hold	
0:14	(8x8) L Arm Front Raise and Open Hold L arm at 90-degree angle and bring forward to shoulder height (4 counts), Open elbow to L side (4 counts), Bring elbow back to front (4 counts), Bring elbow back in to side (4 counts)	4x
1:07	(8x8) R Arm Front Raise and Open Hold L arm at 90-degree angle and bring forward to shoulder height (4 counts), Open elbow to L side (4 counts), Bring elbow back to front (4 counts), Bring elbow back in to side (4 counts)	4x
1:58	(2x8) Hold and take a break for the arms	
2:13	(8x8) L and R Front Raise and Open Hold arms at 90-degree angle and bring forward to shoulder height (4 counts), Open elbows to the sides (4 counts), Bring elbows back to front (4 counts), Bring elbows back in to side (4 counts)	4x
3:05	Put weights down and grab ball for next track	

Track #6: It's a Marshmallow World (2:10)

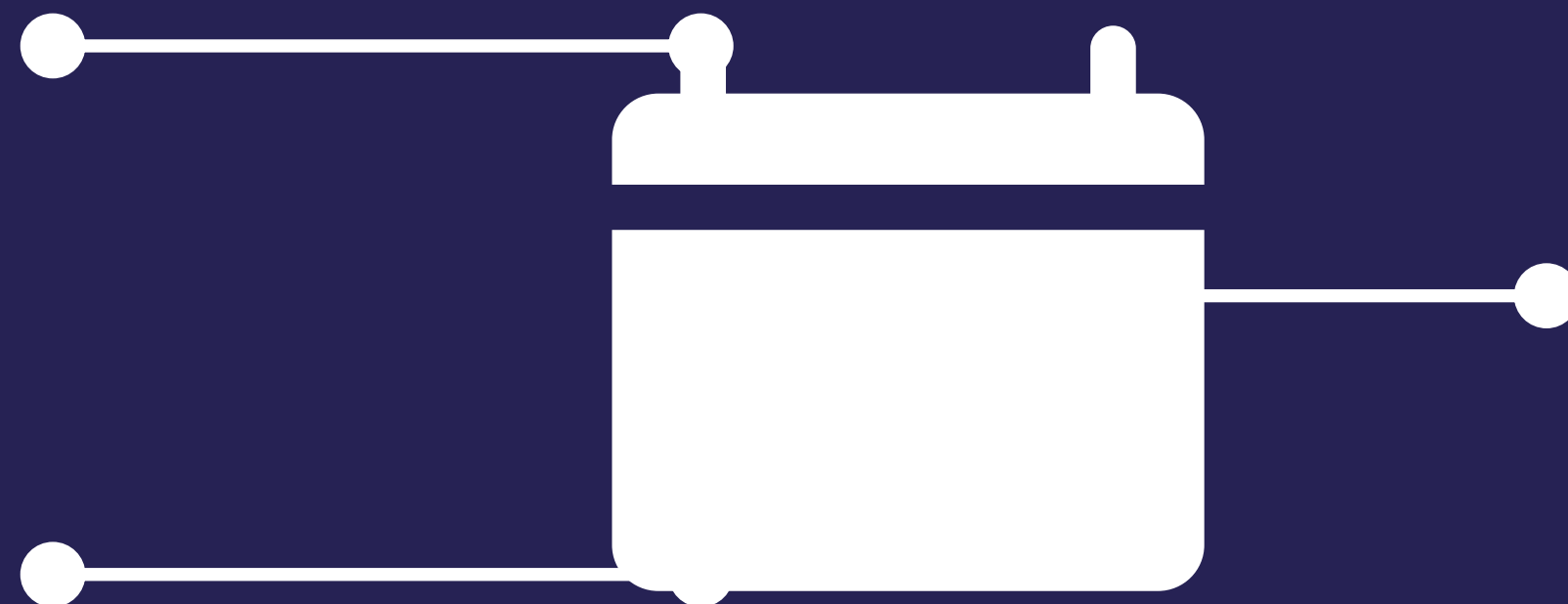
Time	Choreography	Repetition
0:00	(2x8) Wrap band around legs	8x
0:07	(4x8) Slow Step Out/In Step Out L, R (8 counts), Step In L, R (8 counts)	2x
0:21	(4x8) Step Out/In Step Out L, R (4 counts), Step In L, R (4 counts)	4x
0:35	(8x8) Slow Step Out/In Combo Slow Step Out L, R (8 counts), Slow Step In L, R (8 counts), Heel Lifts and down (4 counts), Toe Lifts and down (4 counts), Heel Lifts and down (4 counts), Toe Lifts and down (4 counts)	2x
1:03	(10x8) Step Out/In Combo Step Out L, R (4 counts), Step In L, R (4 counts), Step Out L, R (4 counts), Step In L, R (4 counts), Heel Lifts and down (4 counts), Toe Lifts and down (4 counts), Heel Lifts and down (4 counts), Toe Lifts and down (4 counts) *Final Repetition on more Step out L, R and In L, R 2x	4.5x

CARDIO

At least 150 minutes of moderate to vigorous intensity aerobic activity per week.

BALANCE

Programming to prevent falls and enhance balance.



STRENGTH

At least 2 days per week of muscle and bone strengthening exercises for all the major muscle groups.

SCHEDULE



Range of Motion



Examples:

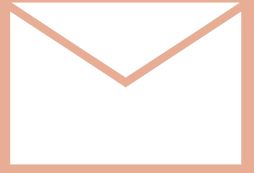
- Shoulder roll combo – roll shoulder, roll elbow back, then full arm circle, then put it together
- Reach both arms forward – chest stretch, reach one arm back, back to front, chest stretch, repeat other arm
- Toe and Heel lifts with arms

Range of Motion

Track #2: Sleigh Ride (3:00)

Time	Choreography	Repetition
0:00	(1x8) Sit toward the edge of their chair	
0:06	(4x8) Slow March L, R (4 counts)	8x
0:27	(6.5x8) Heel Digs L, R (4 counts)	14x
1:01	(6.5x8) Tap Back L, R (4 counts)	14x
1:35	(8x8) Heel Dig L and Tap Back R Combo Heel Dig L (4 counts), Tap Back R (4 counts) <i>*Option to go half the speed for half the repetitions</i>	8x
1:55	(2.5x8) Slow March L, R (4 counts)	10x
2:08	(8x8) Heel Dig R and Tap Back L Combo Heel Dig R (4 counts), Tap Back L (4 counts) <i>*Option to go half the speed for half the repetitions</i>	8x
2:30	(6.5x8) Slow March R, L (4 counts)	14x

Regressing and Progressing



Contact me at
emily@strongerusereniorfitness.com



ThankU

For Engaging

www.strongerusereniorfitness.com



Enter to win a free StrongerU Instructor Course Bundle!

Includes

- **Enrollment in course**
- **One year of monthly class content**

- **Open your camera**
- **Scan the QR Code**
- **Click the link**
- **Enter to win!**



2023  **Fitmas**
Programming





StrongerU

Senior Fitness



Self-paced, Online Instructor Course



30-mins of New, Engaging Class Content Monthly



4 Class Formats Included: Cardio, Strength, Stretch, Circuit

**\$100
OFF**

Save on enrollment in the StrongerU Senior Fitness Instructor Course when you register with this code:

CONFERENCE



Questions?

Please text the code # for the session
to receive your CEU credits

Text: 949-381-0005

Message: #322

Once you text the session code number, you will receive
a text message back confirming your credits.

Don't forget to do your session evaluation **NOW** on the Whova app.



949-381-0005



Text Message
Today 5:07 PM

149

Julie Milner
successfully
checked in for
Prime time yoga.
Thank you for
checking in for
this session.



Text Me... 