

CLASS BREAKDOWN FOR A NEW SITE

CLASS 3

<i>TIME</i>	<i>EQUIPMENT</i>	<i>EXERCISE</i>	<i>REPS</i>
10 minutes	Active Warm Up	Marching on the Spot	30 sec
		Back Rotation	30 sec
		Trunk Side Flexion	30 sec
		Arms Together Flexion	30sec
	Walking	High Knee & Back Kick Walking	2 minutes
		Toe and Heel Walking	2 minutes
		Long Step Walking	1 minute
Tandem Walking		1 minute	
20 minutes	Movements	Step together step tap. 2 kicks forward. Repeat to other direction.	1 song length
	Standing with band	External Rotation	1 minute
		Tricep Extension	1 minute
	Standing at railing	Running Man	10 per side
		Standing Bent Knee Leg	3 sets x 10 (All left, then all right)
		Standing Straight Leg Lifts	
		Standing Hip Flexion and Extension	
		Tandem Balance with movements	45 sec per side
Single Leg Balance	45 sec per side		
WATER BREAK			
10 minutes	Seated	Seated Hip Flexion and Knee Extension	10 per side
		Seated Hamstring Curl	15 per side
		Seated Toe Taps	1 minute
		Sit to Stand	20
	Seated with band	Bicep Curl	1 minute
		Shoulder Abduction	1 minute
5 minutes	Seated	Quad stretch	30 sec per side
		Calf Stretch	30 sec per side
		Glute Stretch	30 sec per side
		Hamstring stretch	30 sec per side