



INSTRUCTOR EXERCISE MANUAL
FLOOR WORK
(June 2019)

FLOOR WORK SERIES

1 SESSION PER WEEK ONLY

10 – 15 minutes

All older adults should be able to get down onto the floor and back.
One of the biggest problems with falls is often not the fall, but the long lie.

Members are somewhat wary of this section of exercise, due to this, we have developed an exercise series for this and would request that you do not alter this but keep it as a consistent section to allow members to be comfortable and know what to expect.

Further, for those who are unable or unwilling to go onto the floor, each exercise has a corresponding seated version – the aim of this is to get everyone to a point where they can get to the floor (or as close as possible) and should always be viewed as such.

BACKWARD CHAINING



1. Face your chair holding onto the arms or the seat



2. Lunge back with one leg



3. Bend your back knee down to the floor



4. Bring your other knee down to the floor



5. Bring one hand off the chair and onto the floor



6. Bring your other arm down to the floor so that you are in four point kneeling



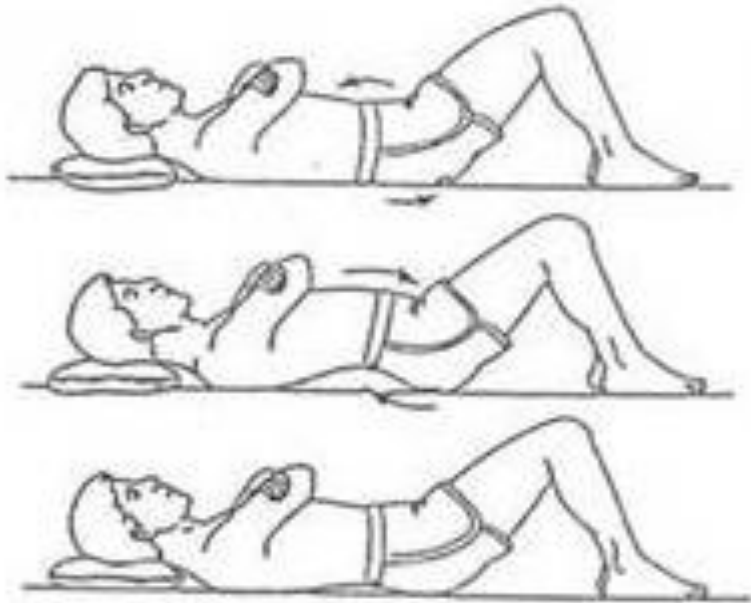
7. Lower your hips onto the floor



8. Lower yourself down until you are lying on the floor

SUPINE

Warm Up: Pelvic Tilts



Main muscle focus:

- Abdominals and Glutes

Lie on your back with your feet hip width apart and your knees bent.

Cues:

Rolling the pelvis and pulling the stomach muscles in, flatten the lower back into the mat.

Feel the lower back on the mat.

Then roll the pelvis the other way, gently arching the lower back, creating a gap between the lower back and the mat.

SEATED:

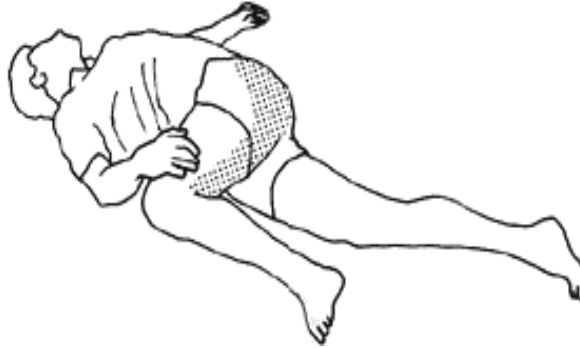
Sit upright in the chair. Tilt pelvis as above.

SUPINE

Lower Back Stretch



QL Stretch



Knees side to side rotation



Main muscle focus:

- Lower Back

Cues:

- Lie on your back with both legs bent.
- Hug one knee to your chest and hold the position.

Progression:

- Keep the opposite leg straight will give a deeper stretch
- OR pull both knees into chest at the same time

SEATED:

Lift one leg at a time.

Main muscle focus:

- Quadratus Lumborum

Cues:

- Start by lying on your back with your legs straight.
- Bend the one knee and pull it up towards your chest, with your opposite hand pull knee across your body while keeping your shoulders flat on the floor.

SEATED:

Rotate in chair. Hold back of chair with rotating arm and press on outer knee with opposite arm.

Main muscle focus:

- Lower Back

Cues:

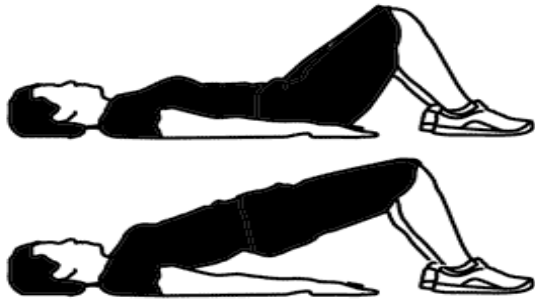
- Keeping back flat and feet together, rotate knees to one side.
- Rotate to other side.
- Hold each stretch for 10 seconds.

SEATED:

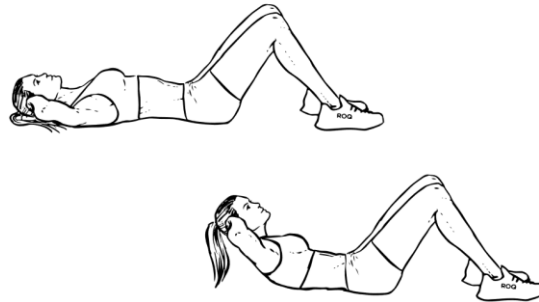
Rotate in chair. Hold back of chair with rotating arm and press on outer knee with opposite arm.

SUPINE

Bridges



Crunches



AB Leg Drop



Main muscle focus:

- Abdominals and Glutes

Progression:

- Single Legs

Cues:

- Keep the pelvis in neutral. Lift the hips up keeping the hips level. Hold. Lower and relax.

SEATED:

Hands holding chair, legs straight. Push pelvis upwards.

Main muscle focus:

- Abdominals

Progression:

- Oblique Crunches
- Pulses

Cues:

- Keeping the pelvis in a neutral position, activate abdominals and lift head, neck and shoulders off the floor. Hold for 3 seconds, return to starting.

STANDING:

Crunches, slow.

Main muscle focus:

- Abdominals

Progression:

- Double Leg

Cues:

- Activate your TAs and flatten your lower back into the floor.
- Lift one then the other leg in the air at 90 degrees. Keeping upper body still.
- Lower one leg, then the other leg.

SEATED:

Lift and Lower seated Butterfly kicks etc.

SIDE LYING

Thoracic Rotation



Clam



Modified Clam



Main muscle focus:

- Upper Back and Thoracic Spine

Cues:

- Side lying with both arms straight in front of you. Hips and knees bent to 90 degrees.
- Move the top arm up and over to the other side of your body twisting from the waist. Look towards the moving arm, keep hips and legs still.
- Hold stretch for a few seconds and return to starting position.

Main muscle focus:

- Glutes

Progression:

- Hold

Cues:

- Rotate the leg outwards from the hip, lifting the knee.
- Do not let your hips or body move, only the exercised leg.

Main muscle focus:

- Glutes

Progression:

- Don't lower leg all the way

Cues:

- Lift the knee vertically, allowing the lower leg to lift too.
- Do not let your hips or body move, only the exercised leg.
- Do not let the foot lift higher than the knee - focus on the knee.

SEATED:

Arms in front of you - rotate

SEATED:

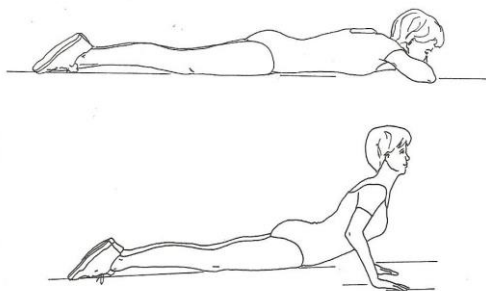
Edge of chair with band around knees

SEATED:

Single leg clam

PRONE

Cobra Stretch



All 4's: Superman's



Shell Stretch



Main muscle focus:

- Back Extension

Progression:

- Rest on Elbows

Cues:

- Start by lying on your stomach. Hands under your shoulders. Push your shoulders and chest up by straightening your elbows.
- Keep legs and hips flat against the floor.
- Let your back arch and relax into this position.

SEATED:

Lift arms overhead and extend chest.

Main muscle focus:

- Core

Progression:

- Arm/Leg individually
- Opposite Arm/Leg together

Cues:

- All fours with hands directly under the shoulders and knees directly under the hips.
- Extend left arm and right leg keeping the spine neutral. Lower and alternate, always returning to 4 point kneeling in between.

SEATED:

Against wall, hands above head.

Main muscle focus:

- Back, Shoulders

Progression:

- Open the knees keeping the feet together.
- Reaching arms to the left or right you can stretch laterally.

Cues:

- Start on all fours. Sit back onto feet and reach arms as far forward as possible.

SEATED:

Hug knees.