

TWINGES PLUS LESSON PLAN

Three general rules to always remember;

- 1)Never rotate the low back
- 2)Never arch the low back
- 3)Never cross the mid-line, especially with legs or hips

EXAMPLE CLASS:

12:15 Class warm up/ social time

The members come any time in the first fifteen minuets and warm up, visit, dress, take their time to get ready.

12:30 Start organized time.

“Find their spot”

1)Aerobic Burst. Jog or step in place, pump arms fast for about 30 seconds. Slow down. Repeat several times.

2)Cleansing breaths. Full arm lift over head, inhale up, lower arms, exhale down. Repeat several times.

3)Baseball bat swings. Gentle, rotation only in shoulders.

12:35 Upper body moves Optional for them to march or jog during this time. Work from big to small, shoulders to wrists.

1) Extend arms to front, flex elbow to touch shoulders, extend arms over head, bend elbows and touch shoulders, drop elbows forward, and extend arms long to front, repeat each move up to 15 times.

2)Extend arms to front, palms down, straight arms down to thighs, turn palms up. Straight arms up to surface.

3)Arms out to sides at surface, palms up. Raise arms straight over head, thumbs together, straight arms to surface, palms down, straight arms to outer thigh, turn palms up, raise arms to surface.

4) Arms straight down at sides, squeeze upper arms to ribs, flex elbows to touch thumbs to shoulders, extend down.

5)“chop wood” Upper arms squeeze tight to ribs, palms together, thumbs on one shoulder, extend down to opposite thigh, flex up to shoulder. Change to other shoulder.

6)Palms stay together, fingers under chin, flex wrist down, fingers forward, extend arms straight to front, flex elbows back upper arms tight to sides, flex wrists, fingers point up.

7)extend arms forward, flex wrist up, then down.

12:45 Move to neck work

1) Drop arms to sides, do slow shoulder shrugs, then shoulder rolls, front and back.

2) Check posture, “turtle necks” pull head back, keep chin down, relax to neutral, do not extend to front.

3) Rotate head, shin over shoulder, relax to front, turn other way.

4) Tilt head to side, drop ear to shoulder, exhale as you drop, no force, inhale head up.

Repeat to other side.

Move to Fingers

- 1) Have them walk/jog forward and backward to stay warm. Make O's with fingers to thumb
- 2) Thumb stretch across palm to base of each finger.
- 3) Hands extend flat under surface, curl fingers in, nails to palm, unroll fingers straight.

12:50

Move to lower body

- 1) Everyone move to rail, arms length away. Straight back, feet stay flat on the floor, stretch forward into rail, keep spine straight. Can do in runners stride position.
- 2) Stand sideways, use rail for balance as needed. Lift one leg, bent knee, extend leg straight to front, pull straight leg down to floor.
- 3) Lift straight leg to side, back down, legs together. Note: never lift leg at an angle, either straight to front, or straight to side.
- 4) Lift straight leg to front, flex ankle, extend ankle, pull straight leg to floor.
- 5) Stand tall, legs tight together, flex knee, heel to rear, slowly as if very heavy.
- 6) Lift leg to front, thigh level, knee bent, extend straight and flex knee.
- 7) Stand tall, go up on toes, hold, flat footed, hold, back on heels, work on balance.
- 8) Stand flat footed, curl toes in like a fist, extend toes and stretch apart.

1:00

Move to whole body moves

- 1) In lap format, Rocking horse, can leap or just step, or can use noodle under arms for more toning. Can do backwards.
- 2) Cross country ski, long arms and strides, work on rhythm.
- 3) Side stride, hold, then step together, arms meet in front, hold. Step apart, hold, step together, arms meet in back, hold.
- 4) "soccer kick" Walking forward, lift one knee high, then "kick" out from knee. Step, other side
- 5) "Toy soldier" Lift Right leg, straight and right arm straight to front, try to touch toes, opposite arm to the back. Stride. Can go backwards, high knee to front touch to elbow, crunch abs. Walk backwards.

1:10

Move to stretch out spots

- 1) One leg forward, back heel stays on floor, arms to front, do not arch back, stretch.
- 2) Arms and legs wide, stretch.
- 3) Step, slightly back, tall posture, hands behind rear, pull shoulders down.
- 4) Repeat wide.
- 5) Kitty Cat stretch, Legs straight, feet stay flat, push rear back, arms to front, back flat, hold.
- 6) Wide arms for balance, pull one knee up to chest hold, other side.
- 7) Up on toes, pull rib cage up and apart by stretching tall.
- 8) Spine curl, Roll shoulders forward, curl spine round and down. Straighten up slowly, unrolling, roll shoulders to back, repeat, end with a gentle hug drop chin, relax! All done!
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