

SESSION PLAN – CHAIR AEROBICS

Suggested Routines

1. VARIETY ROUTINE.

Use the suggested ideas below to do create a Variety Routine where each movement is done 10 times, after which participants have a 5 second rest, before performing the next move.

- 5min – A selection of WARM UP movements
- 2min – A selection of 1-2 BREATHING activities
- 15-20min – A selection of UPPER LIMB, CORE and LOWER LIMB activities
- 5min – Gentle stretches as part of a cool-down.



Warm up movements	Breathing activities	Upper limbs activities	Core activities	Lower limbs activities	Challenge activities
Free movement to music Neck stretches from side to side, up and down Shoulder shrugs and circles Body twists Wrist/hand clench and relax and gentle rolling Feet/ankle flex, extend and gentle rolling Start jumps from front of chair	Focus on deep breathing in and out for 2-3 min Chinese breathing – 3 short breaths in while lifting arms to side, front and high, exhale and arms to side Inhale for 4 seconds, exhale for 4 seconds Alternate nostril breathing	Shoulder press Bicep curls Swim strokes Rowing a boat Straight arm raises – side, front, back Draw a circle in the air Air punches Plane acrobatics Clapping hands above hands, side, front Ocean wave movements	Body twists with hands on head Hand/elbow to opposite knees Chair running Forward bend/hang Glute squeezes Figure 8s using 2 hands to do the action	Kicking from knee Marching in place Single or both heel lifts Single heel slides Double knee/leg lift and hold Single or double toe taps	Sit to stand 1-foot balance holding on to chair Planks using chair against wall

Other Resources:

- [Workout for seniors](#) – 38.40
- [Workout for seniors 2](#) – 22.40
- [10min Chair Workout for Seniors](#) – 10.00
- [Stronger Seniors Health – Chair Aerobics](#) – 8.31

2. SPORT-RELATED CHAIR AEROBICS ROUTINES. Use the warm-up routine below, then choose 2+ Sport routines below to work through, before doing a cool down. Aim to do each activity for 10 repetitions or approximately 20 seconds.

WARM UP

Simple leg raises alternate + arm variations

Toe tapping to left and right + arm variations

Toe tapping to front alternate + arm variations

Toe tapping to front in a 'V' + star jump arms – low, chest height, head height

Marching action + arm variations + 5 second periods of fast marching

Toe and heel tapping

IAN THORPE - SWIM ROUTINE

Breaststroke arms (back in chair, then reaching forward using abdominals) + leg action with sliding discs

Backstroke arms + flutter kick, pointed toes

Butterfly arms (can be modified, One arm at a time, shorter version) + leg variations

Freestyle arms (modified) + leg action

Medley (Butterfly, backstroke, breaststroke, freestyle)

Divide group into 4 groups and work through the medley with each doing a leg.

Have individuals do the whole medley.

DONALD BRADMAN - CRICKET ROUTINE

Bowling actions left and right arms (modified for people with low flexibility)

Torso twists

Catching actions (2 handed and 1 handed) + use the clock to call catches e.g. One handed catch at 1 o'clock. Two handed catch at 6 o'clock. Or work your way around the clock – catch then hand back to chest.

Run up and bowl. Repeats.

Run and catch at 2 o'clock. Repeat run and catch at different positions. 2 and 1 handed.

Use your imagination to come up with new routines.

CLIVE CHURCHILL – RUGBY ROUTINE

Warm up with torso twisting to both sides – variations 1 and 2 arm, high and low

Jogging + passing with variations (left or right hand, rugby league, Aussie rules, gridiron pass)

Marching (angle the body to the left, front or right to synchronise different direction) + add in a kick (left or right foot)

Marching or jogging + add in a pass

Marching or jogging + add in a tackle (arms out to sides then a big hug)

Use your imagination. Introduce a foam rugby shaped ball to be passed around the group.

MARGARET COURT - TENNIS ROUTINE

Marching + add in a sprint

Side stepping + add in a sprint

Marching + add in a forehand. Repeat; + add in a sprint and forehand. Repeat; + add in a smash. Sprint to net and a smash; + add in a backhand. Repeat.

Side stepping to left and forehand. Side stepping to right and backhand.

Other strokes to experiment with: The Overhead; The Dropshot. The Lob.

If you have tennis balls, you could add in some dribbling. Left and right hand.

CATHY FREEMAN - ATHLETICS ROUTINE

High knee lefts + add arm variations

Extended legs (alternate) + add arm variations

Discus action (left and right arms)

Javelin action (jog and then left arm throw. Jog then right arm throw)

Hurdle action (jogging then stretch out right leg, jogging stretch out left leg cont...)

Sprint disciplines (10 second sprint. Rest & repeat). (15 second sprint. Rest & repeat)

Relay fun. (4 people. 1st person sprints 10 seconds, then 2nd person sprints 10 seconds etc); Victory Win (running with a victory salute as you cross the line). Repeat.