

## Chair Exercise Design

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## Why Exercise?

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- Strengthen the heart
- Improve Cholesterol
- Control Weight
- Lower Blood Pressure
- Lower Blood Sugar
- Improve Circulation
- Cope with Stress
- Help you feel better
- Improve overall health



## What Kind of Exercise?

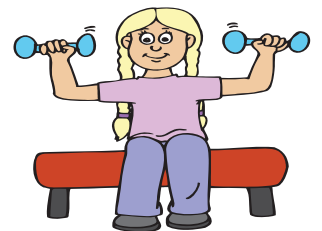
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- Most health care providers recommend aerobic exercise
- Aerobic exercise makes you breathe more deeply and makes your heart work harder
- Example of aerobic exercise - walking, jogging, dancing, biking and **Chair Dancing**

## Why Chair Exercises?

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- If health problems prevents stress to your back, legs, or feet
- If you can't walk or have problem standing
- There simple, easy and effective
- Help build strength and tone muscles



## What kind of Chair?

- Straight back
- Wooden
- Firm seat
- Armless
- No wheels
- Stable place to sit
- Good support



## Class Structure

### ○ Introduction

Introduce yourself and class format, keep explanation and announcement short and sweet.

### ○ Warm Up

### ○ Work Out

### ○ Cool Down

## Warm Up!

- All exercise activity should begin with a 5-10 minute warm up.
- Stretch and slowly begin your exercise

**“LOOSEN UP”**

- Warm up prepares the body for the upcoming activity
- Movement should begin small and gradually increase in range of motion

## Phases of Warm- Up

### ○ **General Warm Up**

-Same movement used during workout event at smaller intensity

### **Stretching**

- reduces risk of injury, maintains and improves flexibility

### ○ **Specific Activity**

- Raise body temperature and gets blood flowing

## Stretching Rules

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- Must be done correctly to be effective
- Stretch Slowly – Never bounce
- Stretch until uncomfortable – Never painful
- Breath while stretching – Never hold breath
- Hold stretch for at least 20 sec

## Work Out!

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- Increase range of motion and intensity

**MOVE**

- Perform exercise using controlled body movement and good body posture
- Do the “talk test” – keep intensity level where talking is comfortable

## Cool Down!

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- 5 minutes to slowly return body to low activity level
- Gradual decrease in intensity and range of motion
- Prevents blood from pooling in legs
- Keep muscles from feeling stiff

**STRETCH**  
**RELAX**

**to prevent injury**

**to release tension**

## Music Terminology

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- Rhythm – Regular pattern of sound
- Beat – Regular pulsation occurs in strong/weak pattern
- Downbeat – The first beat of the phrase
- Phrase - Melody unit
- Tempo rate of speed music is played (BPM)

## Music Matters

- Music stimulates coordination, aids in movement, decreases stress, enhance relaxation and enjoyment
- Each count of music is a beat.
  - Each downbeat is the first count of the 8-count phrase
  - Each 32-count phrase consists of four 8-count phrases

	12345678	12345678	12345678	12345678
<b>Beat</b>	*****	*****	*****	*****
<b>Downbeat</b>	1	1	1	1
<b>8-Count phrase</b>	[-----]	[-----]	[-----]	[-----]
<b>32-Count phrase</b>	[-----]			

### Principles of Counting Music

Find the beat

Listen for the 8-count – start counting on 1

Become aware of the 32 count phrase



## Cueing

- **Timing** – Cue at least 2-4 beats ahead of time
- **Verbal Cues** – Leads foot, gives direction,
- **Visual Cues** – use hand signals, or visual previews

## Basic Progression Development

1. Basic moves
2. Add arms
3. Add movement
4. Repeat combination
5. Add second pattern
6. Add first and second pattern together
7. Continue with more repeat as necessary

## Basic Move

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- March (1ct) step in place  
March heels, March toes
- Step Touch (2ct) Step R, tap in L
- Knee (2ct)
- Heel Jack (2ct)
- Pony (2ct)
- V Step (4ct) wide R, Wide L, step in R,L
- L Step (4ct) forward R, L, step in R,L
- Heel Taps (2ct) Press R,L heel front

## Basic Move

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- Cross Over (2ct) R over L and back
- Thigh Taps (2ct) Tap R ankle, repeat L
- Step Curl (2ct)
- Calf Bounce (2ct)
- Heel Taps (2ct) Press R,L heel front
- Box Step (4ct)

## Arm Movement

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- Windshield Wipers
- Shoulder Shrugs
- Biceps Curls
- Under Arms Swings
- Play Piano
- Swimmer
- Door Knob Turns
- Elbow Together
- Arms lifts
- Arms down
- Arms out side
- Boxer move
- Shoulder back/forward

## Transition

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- Be aware of body mechanic
- Thinks of body motion, momentum, and position with movement execution
- Certain moves naturally follow each other while others moves together may be awkward
- Stick with moves where both feet come together

## Teaching Method

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- **Linear Progression** – each new move follows the previous one  
A + B + C + D + E + F + G + H....
- **Add On** – add one element at a time and continue to add more steps to create a pattern  
A + B, AB + C, ABC + D = ABCD

## Teaching Method

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- **Segment Blocks** – one group of movement followed by a second group of movement  
ABCD + EFGH + IJKL.....
- **Drill a Skill** – Repeat a move over and over  
AAAAAAA + BBBB BBB.....

## Teaching Method

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- **Movement Reduction** – gradually decrease the number of repetitions  
A (8x), B(8x), C(8x), D(8x)  
A (4x), B(4x), C(4x), D(4x)  
A (2x), B(2x), C(2x), D(2x)  
=ABCD
- **Freestyle** – nothing planned

## Teaching Method

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- **Half Time** – slow movement down to achieve success in movement
- **Range of Motion (ROM)** – begin move slowly, and as success increases, increase range of motion and intensity level

## Keys to Success

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- Choose moves **YOU** like and consider the ability level of your class
- Make moves fit together
- Work with music style and phrasing
- Start move with more repetition (you want class success)
- Repeat thing consistently when a pattern is set
- Select a balance group of moves
- Cue at least 2-4 beats ahead of time

## Use Logic

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- Everyone will organize a class differently
- Your style should be based on your interest and class level
- Use your imagination and no matter what

**GET MOVING** and

**HAVE FUN**