

Tina's Exercises

2024

Conservatory

by Bettina von Schweinitz

Introduction

While I live in the Conservatory of North Austin, there was an extensive exercise program. This capture most of the information as of August 2024.

Exercises is a list that can be used in the various disciplines.

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Exercises General

Warmup (dynamic holds 1-2sec)

Ankles Hold one knee up, rotate ankle each direction

Ankles Point toe forward then flex toe back

Arms Circles forward/backward, small and large (tennis ball, basketball, beachball, bigger)

Arms Elbow Bends (tap shoulder, straighten arms down to side)

Arms in hug position, nod head and move head side-to-side

Arms overhead stretch

Arms to Side Open to back, bring to front and hug

Arms to Side Open to back, Close to front like seal

Arms Triceps stretch

Arms Up and Stretch

Back: Seated Extension. Extend hands back and hold on to side of chair, arch back, look up

Back: Standing Extension. Place hands on lower back, bend backwards. Look up

Breathing, deep, upper, lower, pausing

Feet curl toes down and flex up, try to use arch also

Hands circle at wrists, wave hands, Bend hands inward and then backwards

Hands Make Fist - Spread Fingers

Head circles both ways

Head nod and side-to-side

Hips Feel for hip bones, rock hips slowly back and forth

Hips Hula Hoop motion

Hips Stretch or 4-Hip stretch ankle over opposite side knee and lean forward with straight back

Legs: Alternating Knee Hugs, hugging one knee up to the chest and hold for 1-2 seconds

Legs: Calf stretch put one toe back and lean forward

Legs: Calf stretch put one toe on the wall, lean forward

Legs: Butt Kicker walking

Legs: High Knee Walking

Legs: Hold one knee up, kick leg straight.

Legs: Hug one knee to chest and hold 1-2 seconds

Legs: March in place

Legs: Stand on one foot, ankle rotations

Legs: Stand on one foot, other tap to front and bend both knees, repeat to side, back and curtsy

Legs: Stand on one foot, other toe taps to front, side, back, curtsy

Legs: stretch out one leg, raise arms overhead, then touch toe (warmup do not hold position)

Legs: stretch out, touch toes

Shoulder shrugs forward and back

Side stretch, stand or sitting, raise one arm and stretch straight up

Side stretch, stand or sitting, raise one arm and stretch up over opposite shoulder

Spine Pull arms back and arch spine - push arms forward and round spine

Spine Twist spine, clasp hands in front, rotate arms and upper body side to side
(can also be done with arms straight out)

Torso One arm down, other arm up, stretch arms up/down

Torso One arm on thigh, other arm lean over

Torso Reach both arms up and breath deep, relax arms down

Torso Reach Hands up, lean and reach side to side

Torso twist

Exercise Moves

Can also do some of the warmup exercises with repetition

Abs Elbow to opposite knee jogging

Abs Lean back in chair Lift one leg at a time, or both

Abs Lean back in Chair. Criss cross

Abs Lean back in Chair. Knees in and out

Abs Lean back in Chair. Knees in and swivel side to side

Abs Lean back in Chair. Legs open and close

Abs Lean back in Chair. Lift legs and bike legs

Abs Pilates 100 Lean back in chair, lift both legs, extend hands out, pulse hands

Abs Stir the pot w/dumbbells- BIG circle in front of you

Abs Torso twist

Ankles extend legs, point feet/toes forward, flex feet back

Arms Bicep curl, to front, hammer hands, to 45 degree side

Arms Chest Fly - Lean forward at 45angle w/straight back, arms straight out to side, drop arms down and put your hands together, palms face each other

Arms Chest Press - Lean forward at 45angle w/straight back,, arms straight down and lift elbows to back in row position

Arms circles forward and backward

Arms Forward Punching straight out or cross punch

Arms Front Raise, keeping arms straight

Arms hugs open to side and then bring to front in self-hug, alternate arm on top

Arms Keep arms straight, arms out to the sides, pull down to the hips

Arms Keep arms straight, arms reach forward, pull down to the thighs

Arms Open (to side) - close (forward hands together)

Arms Push/Pull forward

Arms Reaching overhead. One arm at a time, or both together

Arms Side Raise

Arms swing to each side, twisting

Arms Triceps Extensions - 90-degree bend in the elbows, straighten arms down by your sides

Arms Triceps Push down w/dumbbells. Push the dumbbells down by your sides

Arms Upper Cuts - Reach back behind you with one hand, scoop down and come up in front of you with the palm facing you

Hands spread fingers in different patterns, ex Vulcan greeting

Jumping Jacks

In addition to the basic arms, you can try different arm variations like:

Hands in front, hands behind

Legs Back leg raises

Legs Balance on one leg, other toe on ground, on ankle, on calf, or on thigh. Stand 10-30seconds. (Never against knee)

Legs Bike forward and backward

Legs Butt Kicker

Legs Calf raises

Legs circle 8's one at a time

Legs Criss Cross feet

Legs Cross Country (one foot forward and one foot back, jump up and switch)

Legs front kicks, repeat or alternating

Legs Front leg raises

Legs Hacky Sack Foot Taps front and back

Legs Hamstring curls

Legs Hamstring push, Knee at 90, push foot back like closing door

Legs High Knee Jogging

Legs Hops from leg to leg, or weight shift from leg to leg

Legs Inner thigh leg lift, alternating

Legs Jog forward, jog backwards

Legs Jog in place for a minute

Legs Jump Squats

Legs Kick and Punch Forward combo

Legs Out-out-in-in

Legs Pogo's – hops together

Legs Rocking Horse

Legs Side Kicks, repeat or alternating

Legs Side Leg Raises

Legs Sit to stand to sit

Legs Squats, up/down, down and pulse, down and hold

Legs Step Side to side

Legs toe taps to front, side, back, curtsy

Lunges front: Step forward with one leg, bend both knees and lower body.

Lunges side: Turn sideways. Step with one leg to back, bend both knees and lower body.

Plank against wall while standing

Plank using chair seat, on hands or elbows

Spine cat and camel. Clasp hands in front arch spine (cat) then curve spine (Camel), alternate

Torso Penguin have arms loose on each side, from waist up only lean to one side and reach for calves, alternate sides

Torso core twist

Cool Down Stretching (Static hold 5-10sec)

Can do any of the warmup exercises and hold for 5-10 seconds

Feet Ballerina Stretch tuck the tops of your toes on to the ground and push the front of your ankle forward (best down without shoes)

Feet Spread out toes and move like playing piano

Legs Hamstring stretch, put one foot on the wall, grab on to the bar and lean forward

Legs Quad stretch seating. Put one toe back under chair (or to side of chair) and keeping knee straight down, lean back into chair and stretch front of leg.

Legs Quad stretch standing, pick up your foot or put your foot on the wall behind you

Spine Chest Stretch grasp bar or seat behind, lean forward and keep chin up

Spine stretch both toes up on the wall, grasp bar and lean back

Spine Stretch Grasp hands in front and stretch arms forward (do both grips, overhand and underhand)

Standing

Box Step starting Left

Box Step starting Right

Butt kickers

Grapevine Right 2 steps (4 beat) left 2 steps (4 beat)

Hacky sacks

Heel taps front

Heel Taps side

Jacks. Half

John Travolta's

Kicks

Knee single raises

Knee to elbow

Lock Double Step Backward 2 to left, 2 to right (8 beats)

Lock Double Step forward 2 to right, 2 to left (8 beats)

Lock Single Step backward 1 to left, 1 to right, 1 to left, 1 to right (8 beats)

Lock Single Step forward 1 to right, 1 to left, 1 to right, 1 left (8 beats)

Lunges to side

Mambo (each 3 beats)

March forward and back 4 steps

March in place

March high knee

Out-out-in-in, left leading

Out-out-in-in, right leading

Penguins

Reach up and Pull downs with knee lift

Skater step (back curtsy)

Squats – sumo style, legs wide

Squats – legs normal

Squats – normal legs with knee raise

Step back

Step Crossover

Step Kick backward

Step Kick forward

Step Squat Touch

Step Touch (side step and return)

Steps, back and front

Toe Cross front taps

Toe Taps Back

Toe Taps front

Toe Taps front cross

Toe Taps side

Torso rotations

Touch Step to Left

Touch Step to Right

V step left leads (or out – out- in – in)

V step right leads (or out – out- in – in)

Wide Feet with Elbow to knee

Wide march

Mat**On Back**

Crunches chest to knees

Crunches reverse knees to chest

Hold knees to chest

Hold Legs straight out or up

Alternate leg movements while elevated

Sit up with or without a twist

Bicycle legs

Bridge (raise hips, on shoulder or on hands)

Flutter kick (keep legs low)

Leg circles

Leg Windshield wipers (knees to side to side)

Boat Pose (balance on butt, straight legs off of floor, shoulder off of floor)

On Hands in Plank position (on hands or elbows)

Push up (may want to be down on elbows)

Bird Dog (Lift opposite leg and arm)

Mountain climbers (alternate knee to elbow, but faster in running mode)

Knee drivers (alternate knee to elbow, slowly, can twist)

Leg out to side

Leg circles

Cat Camel (or cat cow) (arch back down or stretch back up, also lift and drop head)

Fire hydrant (lift one knee to side.

Plank to downward dog (move back and forth by walking hands)

On Side

Leg raises

V Crunch or oblique crunch

Plank (on elbow or hands, lift hips)

Leg circles

Legs to back then front, repeat

Legs circles in back and front

Leg taps to front

Leg rotate together to side, back twist

On Stomach

Superman
Back leg lifts
Cobra

Sitting xlegged
Stretch to front
Stretch to side

Stretching (Pilates, Yoga)

See warmups and cooldown from exercises

Pilates vs Yoga vs Weight Training

Pilates: Hold a position then challenge your core. Low impact exercises that focus on core strength, flexibility, and posture. Develop strength in you end range of motion. Broader range of motion and reminders to engage your core muscles. Props used more for safe alignment.

Yoga: Hold a position or flow into different positions. Slower pace poses than Pilates. Yoga can use props to deepen stretches and safely do poses.

Weight Training: focuses on building muscle mass, bone density and metabolism. Heavy lifting, explosive movements, progressive overload, and repetitions.

Chair or Standing

Feet increase arch
Feet Bellarine reverse arch
Feet roll on top of ball
Toes stretch apart and curl
Toes crunch up a towel

Standing

See warmup exercises
Downward dog
Warrior 1
Warrior 2

Warrior 3
Half moon pose
Chair pose w/twist
Low Lunge w/side reach
Crescent lunge w/twist
Dead lift
Extended side angle pose
Triangle pose
Tree pose with knee lift

Pilates or Yoga on Mat

Abdominal crunch while laying on back with shoulders staying on mat. Lift both knees and move back and forth.
Abdominal crunch while laying on back. Bent knees. Cross arms, Crunch up, lift shoulder, and twist to opposite knee.
Abdominal crunch while laying on back. Bent knees. Reach up and lift shoulders.
Abdominal V-ups while laying on back, lift straight legs up to 45 degrees. Extend arms to knees and lift shoulders.
Arm and Leg rise from horse position
Arm and leg rise in prone position
Arm rise while laying on back
Back and leg stretch. Sit with one leg bent at knee, other stretched out. Reach towards stretched out toe. Switch legs
Back cat and cow stretch from horse position
Back downward dog from horse position. On knees then lean back on heels.
Back forward stretch from seated position with hands forward
Back hyperextension. Lie on stomach, straighten arms, hips on floor
Back hyperextension from T prone position
Back hyperextension from Y prone position
Back lower stretch, lay on back, raise and hold knees, rock knees back and forth.
Hips rise while laying on back
Leg and arm rise from horse position
Leg and arm rise in prone position. Alternate opposite leg/arm. Like swimming.
Leg and back stretch. Sit with one leg bent at knee, other stretched out. Reach towards stretched out toe. Switch legs
Leg Hamstring while laying on back, Lift one leg up straight knee, flex toe toward head.
Leg rise with bent knee while laying on back
Leg rise with straight knee while laying on back
Leg rise with straight knee while laying on side. Lift top leg or both together.

Legs clamshell. Lay on side, both knees bent. Lift upper knee and rotate in arch.

Lower

Legs scissors. Sit and lean back on hands. Lift legs with soft knees and scissor legs like bike or side-to-side. Keep ab tight.

Plank on side. Lift body onto toes, Lift body onto on arm (hand or elbow). Hold.

For more advanced can extend upper arm to ceiling. Or lift hips higher.

Plank while laying on stomach. Lift body onto toes. Lift shoulders onto elbows (or advanced onto hands) and hold

Push up. On hands or elbows. Toes or knees.

Yoga in Chair

From YouTube Lauren Senior: Energizing Chair Yoga for Seniors 25 min

Range of motion, slow, repeat

Posture

Inhale

Heel lift

Toe Lift

Leg lift to straight knee, lower

Leg lift with ankle rotation

Roll knee out, keep feet on floor

Slow march with knee lift

Knee up, extend leg, knee bend, lower

Sitting Cat/cow (arch and bow back and forth, lifting head and dropping head)

Sitting Cat/Cow but rotate in circle

Stretch. Knees out and pressed back, arms horizontal. Lean arms side to side, reach

Stretch. Knees out, put one elbow on knee, stretch other arm up, around, fall with head

Leg stretch for hamstring but dynamic scoop down and back up overhead.

Hug knee to stomach

Cross leg figure 4, lean forward with straight back

Arms to pray, the reach up

Sit up with cross arms

Hands behind head, elbows to front then side, add ab crunch, add elbow to opposite knee lift and crunch.

Extend leg to side, lean opposite with arm up

Extend arms out. Flex palms down, flex palms up

Stretch neck with arm extended out, wiggle fingers.

Stretch neck to side and extend arm
Head roll slowly.

Bands or Tubes

From Meridith Diabetes and Lauren6578 YouTube

Bands Loop

Can use loop with some exercises and stretches

Band On Mat

Legs Outer Leg lift. Lie on side, band around ankles, lift top leg straight up,
Lower

Legs Inner Leg lift: Lie on side, band around ankles, Bend “upper leg” and put
band under shoe. Lift lower leg up away from shoe/band. Lower

Legs Curl. Lay on stomach. Put band under one shoe and around other ankle. Bend
other leg at knee towards butt. Lower

Legs Extension. Put band under one shoe and around other ankle. Lift other leg
with knee straight. Lower

Hip Abduction and External Rotation: also called Clam. Lay on back and rest on
elbows. Put band around legs just above knees. Move knees apart.

Band Around wrists, Arm exercises

Shoulders External Rotation. Put around wrists. Keep elbows still by your side as
you spread the band apart.

Shoulders Rear Deltoid and Trapezius. Put around wrists. Hold arms to front with
straight elbows. Keep elbows as you spread the band apart. Vary level.

Single Arm pulldown

Bands Standing

Put band under feet, can do some exercise moves such as Arm Bicep curls, etc

Put band under feet, Cross tubes, can do some exercise moves such as Arms Chest
Fly.

Put band around legs at ankle or knee such as side step.

Legs Side Step. Band around ankles or above knees. Soft knees. Step to side with
one leg, bring back to center. Vary direction

Bicep curl

Row Upright with tubes under feet, stand straight. pull hands up in front of body to shoulder height, sticking out elbows. Variation – do with one arm

Row bent over with tubes under feet, Bend over with one hand on knee. pull other hand up with elbow going back. Variation – do with one arm

Squat: with tubes under feet, hands up at shoulder height, squat then stand up

Back Fly: with tubes under feet, cross bands, tilt forward, pull out to each side.

Hip side raise. Stand on tube. Lift one foot and move to side, keeping tube under foot.

Dead Lift. with band under feet, tilt forward, Stand up by tucking hips under.

Dead Lift. With band under feet, Squat with hands by side. Stand up by tucking hips under, keeping arms straight.

Shoulder Abduction: Stand on band. With one arm, raise arm outward to side then upward to overhead. Keep elbow straight.

Shoulder Lateral (side) Raise. Stand on band. With both arms, raise arm outward to side to shoulder level. Keep elbow straight.

Shoulder front raise: Stand on band. With both arms, raise arm outward to front to shoulder level. Keep elbow straight.

Shoulder overhead press: Stand on band. With both arms, raise arms with bent elbows until overhead.

Shoulder Hug dynamic: wrap band behind back across shoulder blades. Bend elbows to 45 degrees. Pull hands together for hug, release.

Back upper Scapular retraction: Hold band in front horizontal, elbows at 90 degrees, pull hands apart and pull shoulder blades together.

Back upper chest fly: Hold band in front with hands together. Arms straight, move hands horizontally to side, shoulder height

Shoulder pull down two hands: Hold band overhead with tension and straight elbows. Bend elbows until level with ears. Variation, pull arms down to ear level with straight elbow

Shoulder pull down one hand: Hold band overhead with tension and straight elbows. Pull down one hand until level with ears (single arm pulldown)

Shoulder rear deltoid raise: Stand on band. With both arms, raise arm outward to 45 degree side to shoulder level. Keep elbow straight.

Band Chair

Can do many of Exercises with band/tube secured under feet/foot.

More from Lauren Senior YouTube videos (not Lauren Panter). Senior Chair Chest Fly with band behind back (arms straight to front then to side, shoulder level)

Chest Press with band behind back (Elbows bent, hands waist high, straighten arms to front)

Bicep curls (band under feet)

Triceps Kickbacks (band under feet, lean forward 45degrees, elbow bent, hand horizontal, straighten elbows and move hand back)

Row Upright (band under feet, feet to front, arms straight out, bend elbows back, pulling back)

Leg Press (band under foot, raise leg, bend and straighten leg)

Straight Leg Hip Abduction (band under foot, Slowly swing leg to side and back)

Gas Pedal (Band under foot, point and flex toes)

Cross Band step out (band under feet, x bands, step one foot to side and return, alternate)

Penguins (band under feet, hands down by side, band tighter, tilt side to side)

Crunches (Band over top/back of chair, and over shoulders, bend forward, elbow to knee) variation, elbow to other knee with twist.

More from Meridith Senior Fitness with for beginners 31.37 minutes, from Diabetes class

Band behind back high under arms

Chest Press

Chest Fly

Chest Press out (out to side, bend elbows, straight arms, shoulder height)

Punch out to front, alternating, shoulder height

Band to front

Back pull or back upper Scapular Retraction (arms straight out, bend elbows, pull towards you, shoulder blades together) (alt do one arm at a time)

Lat Pull down (Arms up and straight, arms down and straight and apart at lap level)

Draw sword (right hand on hip, left arm straight at waist, raise left arm straight over to left shoulder height. Do other arm)

Rotator Cup (elbows glued to waist, at 90 degrees, rotate hands out to side)

Draw Arrow (right hand up in air, see draw sword)

Kayak motion

Core (arms to front, band tight, lean back, bring band to chest, sit up, bring band out to front, keep tight)

Band around thighs

Open thighs (keep feet together, pull thighs out, rotate feet)

Raise legs (feet apart, lift leg)

Legs to side (step out to side)

Heel and toe raises
Leg kicks

Band under feet

Row (lean 45 forward, elbows to back, shoulder blades together)
Tricep Kick Back (lean 45 forward)
Bicep Curl
Tricep Arm to back (sit upright, straight arms back and forth)
Arm raises to side (sit upright, elbows out, raise hands to shoulder height out to side)
Arms raise front (sit upright, elbows straight, arms to front)
Legs to side (step feet out to side)

Band over top of thigh

Double up to shorten, or pull down ends for resistance
Leg lifts
Step to the side
March

Band Mat

Sit on floor and put Tube under feet, can do some Pilates mat exercises.

Row: sit with band under feet. Row

Leg and arm Extension: From horse position. Secure band under foot and same side hand. Extend leg and/or arm. Can do opposite leg and arm.

Leg Press: lie on back. Secure band under foot. Hold band. Bend and straighten knee.

Balance

Balance While Standing on floor

Abdominal crunch from Pilates on mat while sitting on pillow

Hips rise while laying on back and feet on Pillows

Kneel on pillows

Legs scissors from Pilates on mat while sitting on pillow.

Plank while laying on stomach. Lift body onto toes. Lift shoulders onto elbows (or advanced onto hands) on pillows and hold

Balance While Standing on Squishy pad

From Balance class. Can also do some of Exercise moves

Calf Raises

Calf to toe raises

Dead Lift single leg (like teeter Tooter)

Feet together and turn upper body and head

Hula Hoops

Knee lifts to side

Leg, stand on single leg for 30 seconds.

Leg, single leg dead lift

Leg, lift to side, alternating

Lunge with a twist

March, slow and controlled

Squat to knee lifts

Squat split with a twist.

Squat to side leg lift

Stand on both legs with eyes closed

Stand on one leg 30 sec

Stand Tree pose, One foot flat, other on toe, close eyes for 10 sec

Stand with staggered stance. Turn head.

Stand with Tandem stance, turn head

Toe Raises

Toe Tap, Multi planar, front, c, side, c, back, c, curtsy

Weight shift, 4 directions

Cardio

From Step-to-the-Beat, Cardio Intervals, Aerobics

Intervals is 40/20 or 20/10

Step to beat do each 8 times or for 8 beats

See also Nu-Step

Arm movements to add

Bicep curls

Chest fly (arms straight to front, to side)

Chest Press (Elbows bent to front with hands together, elbows to side.

Circle arms

Elbow to ??

Jack arms (Both or single)

Press down

Punch cross

Punch to front
Punch to side
Push out front
Push out side
Raise, both or alternate
Reach up and pull down
Row
Triceps curl

Chair only moves

Chest Press with Knee out to side
Jack with both arms
John Travolta's
Heel tap with cross punch
Kick and push the wall (or punch)
Knee lifts double (crunches)
Leg knee to side
Cross country legs
Sit ups
Ski jumps with sway arms

Chair and standing

Hacky sacks
Heel taps front
Heel Taps side
Jacks. Half
John Travolta's
Kicks
Knee single raises
Knee to elbow
March in place
Penguins
Reach up and Pull downs with knee lift
Sit to stand
Sit to stand to Calf Raise
Toe Cross front taps
Toe Taps Back
Toe Taps front
Toe Taps side
Torso rotations

Wide Feet with Elbow to knee

Standing only

Butt kickers

Lunges to side

Lunges to side

March forward and back 4 steps

March in place

Out-out-in-in

Out-out-in-in, left leading

Out-out-in-in, right leading

Skater step (back curtsy)

Step back

Step Crossover

Step Kick

Step Kick backward

Step Kick forward

Step Squat Touch

Step Touch (side step and return)

Steps, back and front

Toe taps back

Toe taps front

Toe Taps front cross

Toe taps side

V step

V step left leads (or out – out- in – in)

V step right leads (or out – out- in – in)

Wide march

Dance Cardio Routines

From Dance cardio and Step to the Beat

Use arms per the music, See cardio for ideas

See Cardio for standing steps

Types of steps for Dance

Grapevine Right 2 steps (4 beat) left 2 steps (4 beat)

Lock Double Step Backward 2 to left, 2 to right (8 beats)

Lock Double Step forward 2 to right, 2 to left (8 beats)

Lock Single Step backward 1 to left, 1 to right, 1 to left, 1 to right (8 beats)

Lock Single Step forward 1 to right, 1 to left, 1 to right, 1 left (8 beats)

Mambo (each 3 beats)

Box Step starting Right

Box Step starting Left

V Step starting Right

V Step starting Left

Touch Step to Right

Touch Step to Left

Routines Dance

Warm Up

R0-1: Box Step Right x 4 count

R0-2: Box Step Left x 4 count

R0-3: Single Steps x 4 count

R0-4: Two steps to the right

R0-5: Two steps to the left

R0-6: Single Steps x 4 count

R0-7: V Step starting Right x 4 count

R0-8: V step Starting Left x 4 count

R0-9: Single Steps x 8 count

R0-10: Step Touch Right, Left x 4 count

R0-11: Heel Tap Front

R0-12: Heel Tap Side

R0-13: Knee Raises

R0-14: Hamstrings

R0-15: Hacksacks

R0-16: Step Kick front

R0-17: Step kick side

R0-18: Back toe tap

R1-1: March in place x8

R1-2: Step Touch x8

R1-3: Side toe taps x 8

R1-4: Heel tap front x 8

R2-1: March forward and back 4 steps x 2

R2-2: Step Touch x8

R2-3: Grapevine Right 2 steps (4 beat) left 2 steps (4 beat)

R2-4: Butt Kickers x 8

R3-1: March in place x8

R3-2: Front heel taps x8

R3-3: Side heel taps x 8

R3-4: Back toe taps x 8

R4-1: March in place x8

R4-2: Mambo x4 (2 per side, each 3 beats)

R4-3: Grapevine Right 2 steps (4 beat) left 2 steps (4 beat)

R4-4: Side toe tap x 8

R5-1: March forward and back 4 steps x 2 (8 beats)

R5-2: Step 2 to right, 2 to left (8 beats)

R5-3: V step right leads (or out – out- in – in) x 2 (8 beats)

R5-4: V step left leads (or out – out- in – in) x 2 (8 beats)

R6-1: Lock Double Step forward 2 to right, 2 to left (8 beats)

R6-2: Lock Single Step backward 1 to left, 1 to right, 1 to left, 1 to right (8 beats)

R6-3: Step 2 to right, 2 to left (8 beats)

R6-4: Step Touch x8 beats

R6-5: Skaters x 8 beats

Song: Let Your Love Flow

R7-1: March in place x8

R7-2: Grapevine Right 2 steps (4 beat) left 2 steps (4 beat)

R7-3: Step Touch x 8

R7-4: Hacky Sack x 4

R7-5: Butt Kickers x 4

R8-1: March in place x8

R8-2: Step Touch x8

R8-3: Heel taps front x8

R8-4: Heel taps side x8

R9-1: Lock Single Step forward 1 to right, 1 to left, 1 to right, 1 left (8 beats)

R9-2: Lock Single Step backward 1 to left, 1 to right, 1 to left, 1 to right (8 beats)

R9-3: Step Touch x8

R9-4: Step 2 to right, 2 to left (8 beats)

R9-5: Step Touch x8

R10-1: Lock Single Step forward 1 to right, 1 to left, 1 to right, 1 left (8 beats)

R10-2: Lock Single Step backward 1 to left, 1 to right, 1 to left, 1 to right (8 beats)

R10-3: Step 2 to right, 2 to left (8 beats)

R10-4: Single Knee raises x8

R10-5: Step touch x8

R11-1: Lock Single Step forward 1 to right, 1 to left, 1 to right, 1 left (8 beats)

R11-2: Lock Single Step backward 1 to left, 1 to right, 1 to left, 1 to right (8 beats)

R11-3: Grapevine Right 2 steps (4 beat) left 2 steps (4 beat)

R11-4: Step touch x8

R11-5: Hacky Sack x 4

R11-6 Butt Kickers x 4

R12-1: March in Place x8

R12-2: Step Touch x8

R12-3: Heel taps front x8

R12-4: Heel taps side x8

R13-1: Lock Double Step forward 2 to right, 2 to left (8 beats)

R13-2: Lock Single Step backward 1 to left, 1 to right, 1 to left, 1 to right (8 beats)

R13-3: Step Touch x8

R13-4: Step 2 to right, 2 to left (8 beats)

R13-5: Step Touch x8

R14-1: Step Kick forward 4 steps

R14-2: Step back 4 steps

R14-3: Out-out-in-in, right leading x4

R14-4: Out-out-in-in, left leading x4

R14-5: Grapevine Right 2 steps (4 beat) left 2 steps (4 beat)

R14-6: Step Crossover x8

R15-1: March in place x8

R15-2: Step touch x8

R15-3: Heel taps front x8

R15-4: Heel taps side x8

R16-1: Lock Double Step forward 2 to right, 2 to left (8 beats)

R16-2: Lock Double Step Backward 2 to left, 2 to right (8 beats)

R16-3: Step touch x8

R16-4: Step 2 to right, 2 to left (8 beats)

R16-5: Step touch x8

R17-1: Step Touch x8

R17-2: Heel taps front x8

R17-3: Heel taps side x8

R17-4: Knee raises x8

R17-5: Butt kickers x8

R18-1: Step Kick forward x8

R18-2: Step Kick backward x8

R18-3: Grapevine Right 2 steps (4 beat) left 2 steps (4 beat)

R18-5: Hacky Sack x 4

R18-6 Butt Kickers x 4

R19-1: Step Tap Front x 8

R19-2: Step Touch to Right, Left x 8

R19-3: Skaters Right, Left x 8

R20-1: Knee Raises x 8

R20-2: Hamstrings x 8

R20-3: Cross Front Toe Taps x 8

R20-4: Side Kicks x 8

R21-1: Front Heel Taps

R21-2: Side Heel Taps

R21-3: Back Toe taps

R21-4: Side toe taps

Dancing, Line

Any Man of Mine

Right foot Toe, Heel, Stomp

Left foot Toe, Heel, Stomp

Right foot Toe, Heel, Stomp

Left foot Toe, Heel, Stomp

Step Back Slow Right Left, fast Right Left Right (8 beats)

Grapevine to Right 2 steps (right leads 8 beats)

Grapevine to Left 2 steps (Left leads 8 beats)

Turn Right (8 beats)

Copperhead Road

Kick Right, Left, Right, Left (8 beats)

Right foot: Heel, cross, Heel, touch (or Heel, toe, heel, toe) (4 beats)

Kick Right, Left, Right, Left (8 beats)

Turn Left with stomping Right foot (8 beats)

Cotton-Eye Joe

Right foot – Heel, heel, toe, toe (4 beats)

Right foot – Heel, cross, heel, touch (or heel, toe, heel, toe) (4 beats)

Grapevine to Right 2 steps (right leads 8 beats)

Grapevine to Left 2 steps (Left leads 8 beats)

Left foot – Heel, heel, toe, toe (4beats)

Left foot – Heel, cross, heel, touch (or heel, toe, heel, toe) (4 beats)

Grapevine to Left (Left leads 8 beats)

Grapevine to Right (right leads 8 beats)

Cupid Shuffle

Step to the Right x4 (8 beats)

Step to the Left x4 (8 beats)

Kick Right, Left, Right, Left (8 beats)

Turn in place to right (8 beats)

Electric Slide

Song: Elvira

Grapevine to Right (right leads 8 beats)

Grapevine Left (Left leads 8 beats)

Lock Step back x 2 (right leads, 8 beats)

Rock for 2 counts

Turn Right using Left, Right, Left scuff and turn

Houston Hustle

Song: Neon Moon

Step to the Right

Step to the Left

Right foot: Fan toe, fan Toe (4 beats)

Right Foot: Heel, Heel, Toe, Toe (4 beats)

Right Foot: Heel, Toe, Heel, Toe (4 beats)

Grapevine to Right (right leads 8 beats)

Grapevine Left, on step 4 turn Left (Left leads 8 beats)

KoKo Mo

Song is slow

A: Hip forward Right, Left, Right, Left (like toe taps with hip thrust forward)

B: Going backward: Knee Lift Right, Left, Right, Left

Repeat A and B

Step Right 4 steps

Step Left 4 steps

C: Step Right 2 steps

D: Step Left 2 steps

Repeat C and D

La Isla

Right Foot, Forward, Back, Side, Back x 4

Lunge Right side, Left Side x8

Left Foot, Forward, Back, Side, Back x4

Lunge Right side, Left Side x8

Cha Cha Right then Left x 4 count (right foot forward, then center and march for 3 steps)

Cha Cha Cross over, Right then Left x 8 count (right foot forward cross left, then center and march for 3 steps)

Leroy Brown

Step Forward Slow Left Right, fast Left Right Left (8 beats)

Grapevine to Right (right leads 8 beats)

Grapevine Left (Left leads 8 beats)

Step Back Slow Right Left, fast Right Left Right (8 beats)

Turn Left (8 beats)

Tennessee Waltz

1 Twinkle Right (left leg crosses in front of right)

2 Twinkle Left (right leg crosses in front of left)

3 Step Forward Right, Left, Right

4 Step Forward again Left, Right, Left

5 Step Back Left, Right, Left

6 Step Back again Left, Right, Left

Repeat 1-6

Turn left 180 by Step Forward with Left, turn with Right, step back with left.

Turn left again 180 by Step Forward with Left, turn with Right, step back with left.

Twinkle Back Right (left leg crosses behind of right)

Twinkle Back Left (right leg crosses behind of left)
Step Forward Right, Left, Right
Step Back Left, Right, Left

Texas Waltz

1 Twinkle Right (left leg crosses in front of right) (3 count)
2 Twinkle Left (right leg crosses in front of left) (3 count)
3 Step Forward Left, Right, Left
4 Step Back Right, Left, Right
Repeat 1-4
Grapevine Right 3 steps (right leads 6 beats), sway for 3 beats
Grapevine Left 3 steps (left leads 6 beats), sway for 3 beats
Step Forward Left, Right, Left
Step Back Right, Left, Right

Thriller

Lock Double Step forward 2 to right (4 beats) with swim arms
Lock Double step forward 2 to left (4 beats) with row arms
Grapevine to Right (right leads 8 beats), at end Knee up L,R,L with monster arms
Grapevine Left (Left leads 8 beats), at end Knee up R,L,R with monster arms
Swing arms 3 times and clap Left
Swing arms 3 times and clap Right
Turn Left 180 (8 beats)

Wagon Wheel

Lock Double Step forward 2 to right (4 beats)
Lock Double step forward 2 to left (4 beats)
Turn to Right (slow 8 beats)
Mambo to right (4 beats)
Mambo to left (4 beats)
Rocking Horse x 2 (right leg leads, 8 beats)

Aqua Water Exercises

Conservatory

From Lauren Panter

Warmup

Head circles

Arms Open/Close

Arm Circles forward/backward

Elbow Bends (tap shoulder, straighten arms)

Fist -> Spread Fingers

Pull arms back and arch spine -5 push arms forward and round spine

Twist spine, Rotate upper body side to side

Hands up out of the water, lean and reach side to side

High Knee Walking

Butt Kicker walking

Alternating Knee Hugs, hugging 1 knee up to the chest and hold for 1-2 seconds

Stand on one foot, ankle rotations

Jog in place for a minute

Cardio Moves (you do not have to do all of them, just some ideas)

Jumping Jacks

- In addition to the basic arms, you can try different arm variations like:
 - Hands in front, hands behind
 - Push/Pull forward
 - Front Raise, keeping arms straight
 - Reaching overhead
 - Open/close

Criss Cross feet

High Knee Jogging

Elbow to opposite knee jogging

Butt Kicker Jogging

Butt Kicker and hand reaches for opposite side foot

Hacky Sack Foot Taps

Cross Country (one foot forward and one foot back, jump up and switch)

- In addition to the basic arms, you can try arm variations like:
 - Side Raise
 - Forward Punching `
 - Push/Pull forward
 - Reaching Overhead

Rocking Horse

Out-out-in-in jogging

Alternating front kicks

Kick and Punch Forward

Alternating Side Kicks

Pogo's

- Straight up and down
- Side to side
- Twisting

Jog forward, jog backwards

Strength Moves (you do not have to do them all, just some ideas)

Using the Water Dumbbells

Upper body

- Keep arms straight, arms out to the sides, pull down to the hips
- Keep arms straight, arms reach forward, pull down to the thighs
- Chest Fly - Lean forward facing the bottom of the pool, hug your hands together, palms face each other
- Chest Press - Lean forward facing the bottom of the pool, push straight down
- Arm Bike forward and backward
- Triceps Push down - Push the dumbbells down by your sides
- Triceps Extensions - 90-degree bend in the elbows, straight arms down by your sides
- Upper Cuts - Reach back behind you with one hand, scoop down and come up in front of you with the palm facing you

Core:

- Stir the pot - BIG circle in front of you
- Torso twist
- Put dumbbells under arms and float, do the following leg movements:
 - Little kicks
 - Knees in and out
 - Legs open and close
 - Criss cross
 - Knees in and swivel side to side
- Windmill – Alternate arms, underwater swing them back and forth.

Legs: against the bar, do not need dumbbells

- Side Leg Raises
- Front leg raises
- Back leg raises
- Hamstring curls
- Inner thigh leg lift

- Calf raises
- Squats
- Jump Squats
- Float legs back and kick for 30-60s

Cool Down Stretching

Chest Stretch (do both grips, overhand and underhand)

Quad stretch (pick up your foot or put your foot on the wall behind you)

Hamstring stretch (put one foot on the wall, grab on to the bar and lean forward)

Back stretch (both feet on the wall)

Hip stretch (ankle over opposite side knee) .t

Calf stretch (put one toe on the wall, lean forward)

Ballerina Stretch (tuck the tops of your toes on to the ground and push the front of your ankle forward)

Aqua Exercises for Papa from Reives

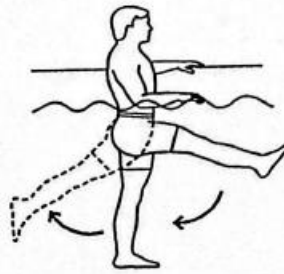
Lower Body Aquatic Exercises



Walking (Forward,
Back, Sideways)



Marching



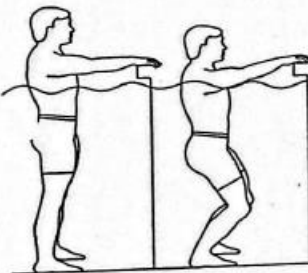
Leg Swings
(Forward/Back)



Leg Swings
(Sideways)



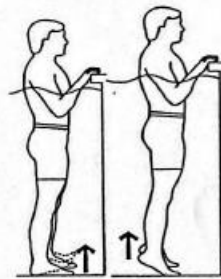
Leg Circles



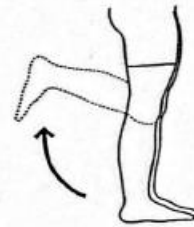
Squats



Scoter



Heel/Toe Raises



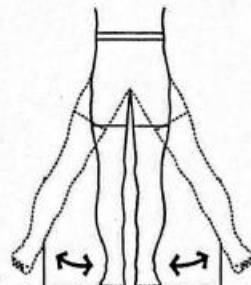
Kick Butt



Bicycling



Cross-Country Ski



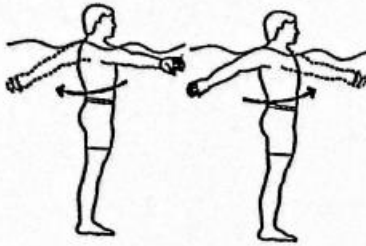
Scissors



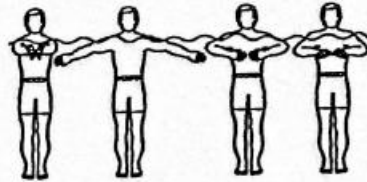
Knees to Chest

(In parallel bars OR in corner with noodle)

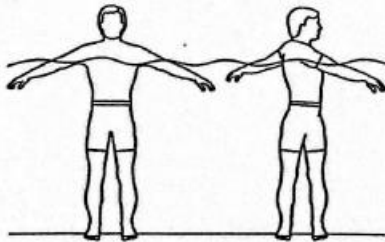
Upper Body Aquatics Exercises



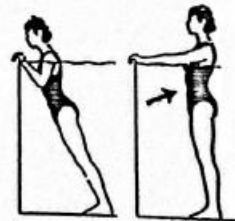
windmill



waves/hula (?)



trunk rotation



wall push-ups

Tai Chi

Tai Chi at Conservatory 240905 Lauren

Balancing rooster
Ball to Mountain
Ball to Valley
Brush Knee
Calming the waters
Circle hands step side to side
Circle the globe
Connect (separate) heaven and earth
Draw back (focus) the Arrow
Grasp Bird's Tail
Grasp the bird's tail
Hammer fist

Hands wave Like Clouds
High block and punch
Hit the Tiger
Horse stance punches
Kung fu kick
Lotus flower closing
Over the Drum
Part the cranes wings-angry tiger
Part the Horses Mane
Punch eye of tiger (forward)
Punch to the sides
Push and pull(both hands together)
Push from shoulders
Push water side to side
Rainbow kick
Reach for sky
Repulse the monkey
Repulsing the Monkey
Rising and falling
Separating heaven and earth
Serve the tea
Single Whip (crane hook, other push out forward and rock back and forth)
Snakes tongue
Snakes tongue with circle fist
Soaring eagle
Strength kidneys
Strengthen the kidneys
Watermelon slice
Waves of the universe

From: Don Fiore: TaiChiHealthProducts
Or Taichi zidong

Balancing rooster
Ball to Mountain
Ball to Valley
Brush Knee
Calming the waters
Circle hands step side to side

Circle the globe
Connect (separate) heaven and earth
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Other from Don Fiore videos:

Rocking motion
Chi breathing
Painting with light

Open energy gates
Tree swaying
Gathering the chi
Propelled to left & right
Pearl in the hand (balance the tea cup)
Louhan patting (pat different parts of body)
Fan the wind (like wave like clouds)

Tai Chi: 108 moves of the Tai Chi set

1. Opening of Tai Chi
2. Left Grasp Bird's Tail
- 3. Grasp Bird's Tail**
- 4. Single Whip**
5. Step Up and Raise Hands (very similar to Strum the Pei Pa)
6. White Stork Spreads Wings
7. Brush Knee (left)
8. Strum the Pei Pa
- 9. Brush Knee and Twist Step (left)**
- 10. Brush Knee and Twist Step (right)**
11. Brush Knee (left)
12. Strum the Pei Pa
13. Brush Knee and Twist Step (left)
14. Chop with Fist
15. Step Up, Deflect, Parry, Punch
16. Appear to Close Entrance
17. Cross Hands
18. Carry Tiger to Mountain
19. Whip Out Diagonally (often called Standing Palms in other styles of tai chi)
20. Fist Under Elbow
- 21. Go Back to Ward Off Monkey (right)**
- 22. Go Back to Ward Off Monkey (left)**
23. Go Back to Ward Off Monkey (right)
24. Flying at a Slant
25. Step Up and Raise Hands (very similar to Strum the Pei Pa)
26. White Stork Spreads Wings
27. Brush Knee (left)
28. Push Needle to Sea Bottom
29. Fan Penetrates through the Back
30. Turn and Chop with Fist

31. Step Up, Deflect, Parry, Punch
32. Step Up to Grasp Bird's Tail
- 33. Single Whip**
- 34. Move Hands Like Clouds (five times)**
35. Single Whip
36. Reach Up to Pat Horse
37. Separate Foot to Right
38. Separate Foot to Left
39. Turn and Kick
40. Brush Knee and Twist Step (left)
41. Brush Knee and Twist Step (right)
42. Step Up and Punch
43. Turn and Chop with Fist
44. Step Up, Deflect, Parry, Punch
45. Right Foot Kick
- 46. Hit Tiger at Left**
- 47. Hit Tiger at Right**
48. Right Foot Kick
49. Strike Ears with Fists
50. Left Foot Kick
51. Turn and Kick
52. Chop with Fist
53. Step Up, Deflect, Parry, Punch
54. Appear to Close Entrance
55. Cross Hands
56. Carry Tiger to Mountain
57. Whip Out Horizontally
58. Parting Wild Horse's Mane (right) (similar to Flying at a Slant – 24)
- 59. Parting Wild Horse's Mane (left)**
- 60. Parting Wild Horse's Mane (right)**
61. Parting Wild Horse's Mane (left)
62. Parting Wild Horse's Mane (right)
63. Left Grasp Bird's Tail
64. Step Up to Grasp Bird's Tail
65. Single Whip
66. Fair Lady Works Shuttles (left)
67. Fair Lady Works Shuttles (right)
68. Fair Lady Works Shuttles (left)
69. Fair Lady Works Shuttles (right)
70. Left Grasp Bird's Tail

71. Step Up to Grasp Bird's Tail
72. Single Whip
73. Move Hands Like Clouds (seven times)
74. Single Whip
75. Creeping Low Like a Snake
76. Golden Cock Stands on One Leg (left)
77. Golden Cock Stands on One Leg (right)
78. Go Back to Ward Off Monkey (right)
79. Go Back to Ward Off Monkey (left)
80. Flying at a Slant
81. Step Up and Raise Hands (very similar to Strum the Pei Pa)
82. White Stork Spreads Wings
83. Brush Knee (left)
84. Push Needle to Sea Bottom
85. Fan Penetrates through the Back
86. White Snake Turns and Puts Out Tongue (very similar to Turn and Chop with Fist – 30)
87. Step Up, Deflect, Parry, Punch
88. Step Up to Grasp Bird's Tail
89. Single Whip
90. Move Hands Like Clouds (three times)
91. Single Whip
92. Reach Up to Pat Horse
93. Cross Hands to Penetrate
94. Turn and Kick
95. Chop with Fist
96. Brush Knee and Punch
97. Step Up to Grasp Bird's Tail
98. Single Whip
99. Creeping Low Like a Snake
100. Step Up to Seven Stars
101. Retreat to Ride Tiger (similar to Fair Lady Works Shuttles)
102. Turn Around to Sweep Lotus
103. Draw Bow to Shoot Tiger
104. Chop with Fist
105. Step Up, Deflect, Parry, Punch
106. Appear to Close Entrance
107. Cross Hands
108. Closing of Tai Chi

Tai Chi: Foundation Exercises

1. "Air Balls": Basic forearm rotations
2. "Push and Pull": rotation of the arms in front of the body
3. Torso rotations
4. Arm separations
5. "Tor Yu" (Spine turning)
6. "Dan Yu" (Spine stretching)

Kickboxing exercises

Beginner Box: Kickboxing Workout Routine (20 minutes)

5minutes

1. Right Jab x20 seconds
Left Jab x20 seconds
Alternating Jabsx20 seconds
2. Right Cross x20 seconds
Left Cross x20 seconds
AlternatingCrosses x20 sec
3. Right Uppercut x20 sec
Left Uppercut x20 sec
AlternatingUppercuts x30 sec
4. Jab/Cross x30 seconds Right
Jab/Cross x30 seconds Left
5. Jab/Cross/Uppercut Right x30 sec
Jab/Cross/Uppercut Left x30seconds

2minutes

1. Jab/Cross/Hook/Uppercut Right x1min
Jab/Cross/Hook/Uppercut Left x1 min

3minutes

1. Front kick Right x1 minute
2. Front kick Left x1 minute
3. Alternating Front Kicks x1 minute

3minutes

1. Roundhouse kick Right x1 minute
2. Roundhouse kick Left x1 minute

3. Alternating Roundhouse Kicks x1 minute

3minutes

1. Side kick Right x1 minute
2. Side kick Left x1 minute
3. Alternating Side Kicks x1 minute

1minute With left foot forward, Jab (left)- Uppercut (right) - Front kick (left)

1minute With right foot forward, Jab (right) - Uppercut (left) - Front kick
(right)

1minute With left foot forward, Jab (left) - Cross (right) - Roundhouse kick
(left)

1minute With right foot forward, Jab (right) - Cross (left) - Roundhouse (right)

Kickboxing moves

Front Kick

Burpee on mat or against wall

Side kick

Uppercut

Jab, cross

Knee to chest, while on back on mat

Cross jabs

Squat front kick

Alternating reverse lunges

Jumping jacks

Knee strikes, bend knee swing to opposite.

Round “house” Kick, straight leg swing

Squats

Flutter kick while on back on mat

Lead Hook

Prone leg lifts, lift knee towards chest then kick to front, bend knee.

Ear Crystal Exercises

Your healthcare provider will tell how often to do this procedure. He or she may ask you to do it 3 times a day until your symptoms have been gone for 24 hours. Your healthcare provider will also tell if your right or left ear is causing your symptoms.

Brandt-Daroff Maneuver

- 1 Sit of edge of bed turn head 45-degree to Left side, quickly lie down on Right side, keeping your head at 45-degree angle facing upwards. Wait 30 seconds.
 - 2 Quickly sit up, head to front, and wait 30 seconds.
 - 3 Turn head 45-degree to Right side. Quickly lie down on Left side, keeping your head at 45-degree angle facing upwards. Wait 30 seconds.
 - 4 Quickly sit up, head to front.
- Repeat 1-4 for five times each session, 2 times a day, for 2 weeks.

Epley Maneuver

- 1 Sit on your bed. Turn your head 45 degrees towards the affected ear.
- 2 Lie down quickly. Keep your head turned and lie back so your shoulders are on the pillow and your head is slightly hanging off. Hold this position for 30 seconds.
- 3 Turn your head. Rotate it 90 degrees in the opposite direction, without raising it. Hold for another 30 seconds.

Semont Maneuver

Follow these steps if the problem is with your LEFT ear:

- 1 Start by sitting on a bed. Turn your head 45 degrees to the LEFT.
- 2 Quickly lie down on your RIGHT side, keeping your head turned upward. Wait 30 seconds.
- 3 Then, without changing your head's angle, quickly move to lie on your LEFT side. Keep your head at the same 45-degree angle, now facing downward. Stay in this position for another 30 seconds.
- 4 Finally, return to a sitting position.

Foster Half Somersault on floor

- 1 Kneel. Look up at ceiling for 30 seconds
- 2 Bend over, place top of head on floor for 30 seconds
- 3 Turn head toward effect ear and look toward elbow (left elbow if left ear) for 30 seconds
- 4 Quickly raise head at same angle (looking left if left ear) to level of back (while resting on extended hands) for 30 seconds
- 5 Raise upright onto knees with head still at same angle (looking left if left ear) and slowly standup

Foster Half Somersault over edge of bed

- 1 Kneel on bed. Look up at ceiling for 30 seconds
- 2 Bend over edge of bed, place top of head on floor for 30 seconds
- 3 Turn head toward effect ear and look toward elbow (left elbow if left ear) for 30 seconds
- 4 Quickly raise head at same angle (looking left if left ear) to level of back/bed (while resting on extended hands) for 30 seconds
- 5 Raise upright onto knees with head still at same angle (looking left if left ear) and slowly get off bed and standup.

Epley Maneuver another version

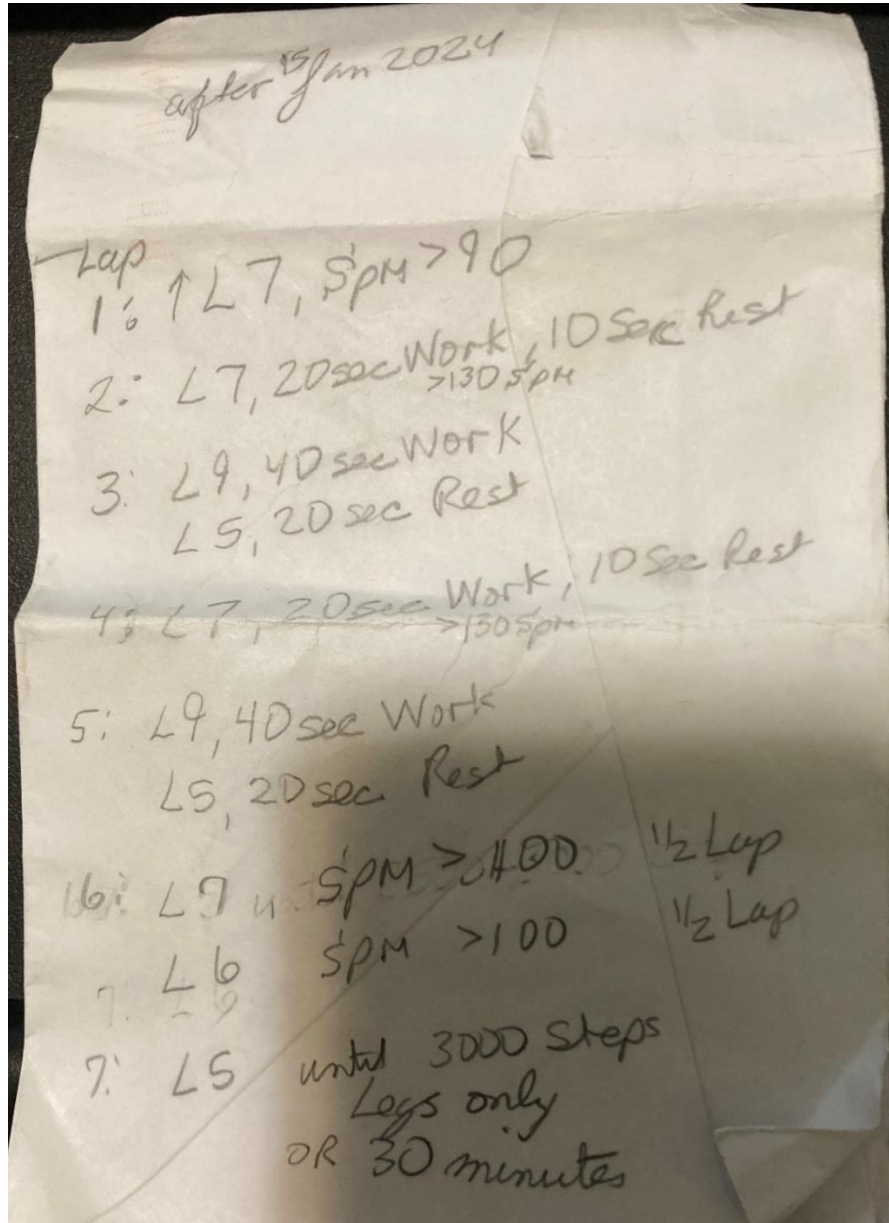
Follow these steps if the problem is with your left ear:

- 1 Start by sitting on a bed. Turn your head 45 degrees to the left.
- 2 Quickly lie on your back, keeping your head turned. Your shoulders should now be on the pillow, and your head should be reclined. Wait 30 seconds.
- 3 Turn your head 90 degrees to the right, without raising it. Your head will now be looking 45 degrees to the right. Wait another 30 seconds.
- 4 Turn your head and body another 90 degrees to the right, into the bed. Laying on your right shoulder and face is 45 degrees into the bed. Wait another 30 seconds.
- 5 Sit up on the right side.

Nu-Step Cardio

Lap

- 1: work up to L7, SPM>90
- 2: L7, SPM>130, 20sec work, 10 sec Rest
- 3: L9, 40sec work. L5, 20sec rest
- 4: L7, SPM>130, 20sec work, 10 sec Rest
- 5: L9, 40sec work. L5, 20sec rest
- 6: L7, SPM>100 half lap. L6, SPM>100 half lap
- 7: L5, legs only up to 3000 steps or 30minutes.



Circuit Training Gym

Do 3 sets of 10-15 reps

Can use exercises from Cardio and Aerobic, etc

Bench: Chest Fly Incline

Bench: Chest Press Incline

Bench: Sit up on incline

Station: Arms Bicep Curls

Station: Arms Lat Pull down

Station: Chest Overhead press

Station: Chest Press
 Station: Leg Extension both legs
 Station: Leg Extension single leg
 Station: Low back extension
 Station: Row Seated
 Step up forward/backward
 Step up Lateral

Treadmill 40sec work, 20sec slow for 10minutes
 NuStep 40sec work, 20sec slow for 10minutes

Vitality by John Hopkins

Heart Rate Variability (HRV)

Measure of heart's variability based on you body's needs and respiratory patterns.
 Normal range is 40-60msec for 66+ years
 Is 42-62msec for 56-65 years old

Heart rate calculations

Heart Zone Calculations

Date	9-Oct-24	2-Sep-23	31-Aug-21
Age	65	63	61
Resting Heart Rate	65	65	65
Per Mayo Clinic			
Moderate Exercise			
$(220 - \text{age}) * 50\% =$	77.5	78.5	79.5
$(220 - \text{age}) * 70\% =$	108.5	109.9	111.3
Fat Burning Exercise			
$(220 - \text{age}) * 70\% =$	108.5	109.9	111.3
$(220 - \text{age}) * 85\% =$	131.75	133.45	135.15
Per Active			
Cushion Heart Rate			
$(220 - \text{age}) - \text{rest rate} =$	90	92	94
Fat Burn			

Date	9-Oct-24	2-Sep-23	31-Aug-21
(50% of cushion) + rest rate=	110	111	112
(75% of cushion) + rest rate=	132.5	134	135.5
Aerobic endurance			
(75% of cushion) + rest rate=	132.5	134	135.5
(85% of cushion) + rest rate=	141.5	143.2	144.9

Maximum Heart Rate and 60%

Max = $220 - 65\text{yrs old} = 155$

Peak workout = $85\% + = 132 \text{ bpm} +$

Cardio workout = $70\%-84\% = 107-131 \text{ bpm}$

Fat Burn = $50\%-69\% = 78-107 \text{ bpm}$

60% = 93bpm

Below = $50\% - = 78\text{bpm}$

Per FitBit Inspire 3

Maximum Heart Rate = $220 - 65\text{yrs old} = 155 \text{ max}$

Reserve = $\text{Max} - \text{Rest rate} = 155 - 63 = 92 \text{ reserve}$

Zone = $\text{Rest rate} + 60\% \text{ of Reserve} = 63 + (.6 \times 92) = 119$

Fat Burning zone 1: 100-117bpm normal minutes

Cardio zone 2: 118-141bpm vigorous double minutes

Peak 142bpm+

Work out requirements for Apple Watch

Advanced workout 30pts

15,000 steps, or

45 consecutive minutes at 60% of Maximum heart rate, or

750 active calories

Standard Workout 20pts

10,000 steps, or

40 consecutive minutes at 60% of Maximum heart rate, or

500 active calories

Zones on Apple Watch I custom entered for me.

Zone 1: <93 bpm

Zone 2: 91-110 bpm

Zone 3: 110-135 bpm

Zone 4: 136-150 bpm

Comparison of FitBit, Watch, Health App, and Pedometer App

24 Aug 2024				25 Aug 2024			
Fit Bit	Watch	Health	Pedometer	Fit Bit	Watch	Health	Pedometer
157	290	385	520	157	290	385	520
steps				steps			
369 cal	238 cal	315 cal	2.8 mi	369 cal	238 cal	315 cal	2.8 mi
2.37 mi	2.44 mi	2.6 mi	6040	2.37 mi	2.44 mi	2.6 mi	6040
5770 steps	5651 steps	5513	5520	5770 steps	5651 steps	5513	5520
117 min ≈ 2 hrs	119 min ≈ 2 hrs	122 min	2h 2min	117 min ≈ 2 hrs	119 min ≈ 2 hrs	122 min	2h 2min
78 min ≈ 1 hr 20 min	80 min ≈ 1 hr 20 min	82 min	1 hr 22 min	78 min ≈ 1 hr 20 min	80 min ≈ 1 hr 20 min	82 min	1 hr 22 min
15,000 steps				15,000 steps			
10,000 steps				10,000 steps			

Body Mass Index (BMI)

Body Mass Index Table																																			
	Normal							Overweight							Obese																				
BMI	19	20	21	22	23	24	25	26	27	28	29	30	31	32	33	34	35	36	37	38															
Height (inches)	Body Weight (pounds)																																		
58	91	96	100	105	110	115	119	124	129	134	138	143	148	153	158	162	167	172	177	181															
59	94	99	104	109	114	119	124	128	133	138	143	148	153	158	163	168	173	178	183	188															
60	97	102	107	112	118	123	128	133	138	143	148	153	158	163	168	174	179	184	189	194															
61	100	106	111	116	122	127	132	137	143	148	153	158	164	169	174	180	185	190	195	201															
62	104	109	115	120	126	131	136	142	147	153	158	164	169	175	180	186	191	196	202	207															
63	107	113	118	124	130	135	141	146	152	158	163	169	175	180	186	191	197	203	208	214															
64	110	116	122	128	134	140	145	151	157	163	169	174	180	186	192	197	204	209	215	221															
65	114	120	126	132	138	144	150	156	162	168	174	180	186	192	198	204	210	216	222	228															
66	118	124	130	136	142	148	155	161	167	173	179	186	192	198	204	210	216	223	229	235															
67	121	127	134	140	146	153	159	166	172	178	185	191	198	204	211	217	223	230	236	242															

Formula

$BMI = (\text{weight in pounds} \times 703) / (\text{Height in inches})^2$

$$BMI = (170 \times 703) / (66)^2 = 119,510 / 4356 = 27.44$$

$$BMI = (165 \times 703) / (66)^2 = 115,995 / 4356 = 26.63$$

Per John Hancock/Vitality 25-29.9 is overweight

If <28 BMI than receive 500pts annually

If <25 BMI than receive 1000pts annually

To reach 25 I need to be $[25 \times (66)^2] / 703 = [25 \times 4356] / 703 = 155$ pounds

As of 11 July 2024 I was 174 pounds with BMI of 28.08

Calorie calculations

Resting Metabolic Rate (RMR) + TEF + NEAT + Exercise = Metabolic Rate
 Calories
 Resting M. f. f. l. w
 BMR = Women = $(10 \times W) + (6.25 \times H) - (5 \times A) - 161$
 $W = 180 \text{ lb} = 81.6 \text{ kg}$
 $H = 5'4" = 162.56 \text{ cm}$
 $A = 63$
 $= (10 \times 81.6) + (6.25 \times 162.56) - (5 \times 63) - 161$
 $= 816 + 1016 - 315 - 161$
 $= 1356 \text{ Kcalories}$

Katch
 $BMR = 370 + (21.6 \times (W \times (1 - P)))$
 $P = \text{Body fat in \%}$ $W = 81.6 \text{ kg}$
 $= 370 + (21.6 \times (81.6 \text{ kg} \times (1 - 0.30)))$ or at 40% fat
 $= 370 + (21.6 \times (57.12))$
 $= 370 + 1234$
 $= 1603 \text{ Kcal}$

$W = 170 \text{ lb} = 77.11$
 $H = 5'6" = 167.64 \text{ cm}$
 $A = 65$
 $= (10 \times 77.11) + (6.25 \times 167.64) - (5 \times 65) - 161$
 $= 771.1 + 1048 - 325 - 161$
 $= 1333$

Videos on YouTube

Lauren Panter6578

HasFit variety

Meridth fitness SeniorFitnessWithMeredith

Jenny McClendon line dancing

Don Fiore: TaiChiHealthProducts

Or Taichi zidong

Music

Iphone FreegalMusic linked to PF Library

Iphone Trebel

Add from

Tibetan Music healing on YouTube

Abba Albums of Best

Bingo Cards

Standing Dance

Line Dancing

Drumming

Step to the Beat