

# Fitmotivation®

**ChairFit Sports & Rec**

**Music: 124 BPM**

## **SEGMENT 1: WARM-UP & JOINT PREP**

**Seated Upper body warm-up: Perform with add-on**

1. Bilateral shoulder shrugs
2. Unilateral backward shoulder roll
3. Diagonal arm reach (A) R & L
4. Bilateral diagonal arm reach (A1)
5. Shoulder rotator
6. Side arm lifts
7. Elbow bend
8. Wood chop

**Directives for adding Stand to Sit drills or modification**

*Standing up 4-count (#1 x 2) Lower down 4-count (#2 x 2)*

*Repeat 3 more times for #3-#8*

**Seated Lower body warm-up: march & leg movement**

Butterfly

Hip turnout x 8 R & L with bilateral arm sweep

Side leg slide – slide front, side, back and in (8)

Knee extensions with elbow bend

Hip rotator – heel dig front, external, internal and in

Hamstring stretch good morning

**Standing Hip Prep:** Hip flexor stretches

## **SEGMENT 2: BASKETBALL & KICKBOXING**

**Seated Sports – Basketball** (*music counts in ALL choreography is FINAL cut – start with increased repetitions and then reduce*)

Dribble & march R (8)

Shoot hoop with calf raises x 2 (8)  
Dribble & march L (8)  
Shoot hoop with calf raises x 2 (8)  
Toss the ball w/ stomps x 4 (8)  
Shoot the hoop w/ right hand & R heel dig x 2 (8)  
Toss the ball w/ stomps x 4 (8)  
Shoot the hoop w/ left hand & L heel dig x 2 (8)

### **Seated sports – Kickboxing**

Jab 4 (8) Stand 4 (8) Slip 4 (8) Sit 4 (8)  
Speedbag (8) Stand 4 (8) Flurries (8) Sit 4 (8)

### ***Combine basketball & kickboxing combinations***

## **SEGMENT 3: BOATING & CHEERLEADING**

### **Seated Sports - Rowing & Kayaking**

Rowing both arms x 2 (8)  
Rowing alternating arms (8)  
Kayak alternating singles X 4 (8)  
Kayak doubles R & L (8)

### **Seated sports - Cheerleading**

R leg w/ r arm and L leg w/ left arm (8)  
Jacks x 2 with overhead arms (8)  
R arm – front, side, up, clap 2 (8)  
L arm – front, side, up, clap 2 (8)

### ***Combine Boating & Cheerleading Combinations***

### ***FINALE: combine Basketball, Kickboxing, Boating and Cheerleading***

## **SEGMENT 4: LIMBER LEGS**

### **Multi-planar leg movements**

1. Hip/leg swing F & B
2. Hip/Leg swing side to side
3. Hip/Leg circumduction
4. Hip/Leg spiral

## **Corresponding stretch with the leg movement**

1. Hamstring stretch
2. Inner thigh stretch
3. Calf stretch
4. Hip flexor stretch

## **SEGMENT 5: CORE & ROM**

### **Seated core**

Trunk rotation – singles, SSD, repeater 3

Side bends – singles, SSD, repeater 3

Ab strengthener – back 4 & forward 4 > back 2 & forward 2

### **Seated Joint mobility**

Neck – head turn & side neck bend

Shoulders – side arm sweep & hug and side circles

Elbows - elbow bends & door openers

Wrists - wrist waves & circles

Fingers – knuckle wave, cat claw, piano & open and close

Lumbar spine – trunk rotation & side truck bends

Hips – hip rotator

Knees – knee bends

Ankles & toes – ankle circles, point/flex and toe curls

## **SEGMENT 6: STRETCH & RELAXATION**

### **Upper Body Final stretch**

1. Chest & back
2. Lats & tricep
3. Posterior delt & bicep

### **Deep breathing/relaxation**

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