

SAY SENIORS MOBILITY

Moderate Speed & Control, Focus on Deep Breathes

20 Jumping Jacks

Neck Turns - 6 times left to right/right to left

Neck Twist (lift with chin) – 3 each direction

Arm Circles (6 total) – two directions – 6 for each circle

Shoulder Rolls – 6 times forward/backward

Shoulder Paddling – 8 times each way

Pop & Shoot – 6 times

10 squats

Loose Leg Swings

Stiff Leg Swings

Side to Side Leg Swings

Open/Close the Gate – 6 times each leg

Ankle rolls – 6 times forward/backward each foot

Downward Facing Dog (hold for 10 secs) into Upward Facing Dog (hold for 10 secs) *BREATHE*

Child's Pose (hold for 10 secs) *BREATHE*