

# **SADP Exercise Routine Instructions for Music**

## *Warm Up (5 minutes)*

- This is a time to stretch and ready yourself for the circuit exercises. Take each stretch slow and remember to breathe.
- If you don't have a ball to pass, just swing both arms together from side to side as if you were passing a ball from one side to the other.
- Try to clap to the beat of the music.
- At the end of 5 minutes there will be 10 seconds of silence before moving on to the circuit exercises.

## *Circuit Exercises (~15 minutes)*

- Each exercise has its own corresponding song.
- Exercise songs last for 30 sec. followed by 10 sec. of silence to prepare for next exercise. Try to do each exercise for the full 30 sec.
- At the end of Sit to Stand, there is 1 minute of relaxation music. Take this time to breathe deep, shake it out, and prepare for the next circuit.
- After the relaxation music, the music will start back at the Washing Machine and continue through the circuit exercises one time.
- Try to time your movements to the beat of the song.
- Make each movement as big as you can, but remember: if you're moving, it counts.
- If it hurts, don't do it.

## *Cool Down (5 minutes)*

- Take each stretch slow and remember to breathe.
- Try to tap/clap to the beat of the song.
- Stretch big!
- Give yourself a big hand at the end!