

## **Chair Danceletics with Mark Grevelding**

### **Warm-up – 5 minutes (Music BPM -126)**

- *All moves performed for 15 seconds or one 32-count phrase*
- *Exercises in capital letters are from Arthritis Foundation*
- 1. Alt. SHOULDER BACKWARD CIRCLES – ½ tempo or slower (32)
- 2. Alt. SHOULDER BACKWARD CIRCLES (32)
- 3. Alt. SHOULDER SHRUGS (32)
- 4. OVERHEAD CLAP (32)
- 5. SIDE ARM LIFTS (32)
- 6. Alt. Heel digs with DIAGONAL ARM REACH A1 (32)
- 7. SIDE ARM CIRCLES VARIATION A (32)
- 8. Alt. FORWARD ARM REACHES – ½ tempo
- 9. Alt. FORWARD ARM REACHES (32)
- 10. KNEE BENDS with alternating reach (32)
- 11. ELBOW BENDS – ½ tempo (32)
- 12. ELBOW BENDS (32)
- 13. Knee to elbow (32)
- 14. ARM SWINGS (32)
- 15. Toe tap with THE ROW (32)

### **Seated Aerobic Choreography Template**

Music BPM for Seated Aerobic Choreography – 126 BPM

All exercises performed for:

32 counts

16 counts – R lead

16 counts – L lead

8 counts - R lead

8 counts – L lead

REPEAT 8 counts R & L

Following this template – each combination is 6:30

### **Seated Aerobic Combo 1**

MARCH with DOOR OPENER

MARCH with OVERHEAD CLAP

Wide MARCH with SIDE ARM LIFTS

Alternating SHOULDER SHRUGS

Upper body: Alternating BACKWARD SHOULDER CIRCLES - ½ time  
Upper body: Alternating BACKWARD SHOULDER CIRCLES  
Lower body: Heel digs with DIAGONAL ARM REACH A1  
Core: TRUNK ROTATION R & L

### **Seated Aerobic Combo 2**

½ tempo V-step R with SHOULDER TOUCH & REACH (modified)  
SIDE ARM CIRCLES – VARIATION A  
½ tempo V-step L with SHOULDER TOUCH & REACH (modified)  
SIDE ARM CIRCLES – VARIATION A  
Upper body: Alternating FORWARD ARM REACHES - ½ time  
Upper body: Alternating FORWARD ARM REACHES  
Lower body: KNEE BENDS with alternating reach  
Core: SIDE TRUNK BENDS R & L

### **Seated Aerobic Combo 3**

SIDE LEG SLIDE R with finger point  
Speedbag forwards  
SIDE LEG SLIDE L with finger point  
Speedbag reverse  
Upper body: Alternating ELBOW BENDS – ½ time  
Upper body: Alternating ELBOW BENDS  
Lower body: Knee to elbow  
Core: ABDOMINAL STRENGTHENER

### **Seated Aerobic Combo 4**

Jacks or modified BUTTERFLY  
Alternating side reach  
Hand jive  
Motorcycle  
Upper body: ARM SWING  
Lower body: Toe taps with SEATED ROW  
Core: TRUNK ROTATION > SIDE BEND > ABDOMINAL STRENGTHENER

### **Standing Leg Work**

*Music BPM – 120*

Releve x 8  
Side leg swing x 8  
Plie X 8  
Arabesque x 8  
Releve, plie, extend, reset x 8  
Side leg swing & arabesque x 8  
Mermaid stretch with leg crossed  
REPEAT LEFT

### **Seated Joint Mobility**

*Music BPM - 120*

HEAD TURN & SIDE NECK BEND  
BACKWARD SHOULDER CIRCLES & Forward Arm Circles  
ELBOW BEND & DOOR OPENER  
WRIST BEND & WRIST ROTATION  
KNUCKLE WAVE and FINGER CURLS  
TRUNK ROTATION and SIDE TRUNK BENDS  
HIP TURNOUT & KNEE BEND  
POINT & FLEX TOES & ANKLE CIRCLES

### **Seated Stretch**

Knee lift – glute stretch  
Extended leg - hamstring Stretch  
Side extended leg – inner thigh stretch  
Rear extended leg – hip flexor stretch  
Cradle – out thigh stretch  
REPEAT LEFT  
Scapular protraction & retraction  
Arm cross R & L  
Relax & breathe

Questions or comments? Please post below the video or blog