

Summary and Examples of General Exercises Phase

Warm-up	<ul style="list-style-type: none">• Neck, arm, and leg movements such as arm circles or swinging arms left and right• Marching in place• Stepping activities such as stepping forward, backward, and side to side
Flexibility exercises	<ul style="list-style-type: none">• Neck stretches such as head tilts – laterally, left and right, up and down• Upper extremity stretches such as shoulder rolls and pectoral stretches• Trunk elongation activities such as lateral stretches with one arm to ceiling• Leg stretches for plantar flexors, hamstrings, hip flexors, etc.• Wall stretches for chest, trunk, legs
Floor and core exercises	<ul style="list-style-type: none">• Abdominal crunches with or without one arm or leg lifting• Quadruped activities including lifting one arm and/or one leg• Bridges• Standing exercises for core muscles• Lunges with or without arm movements and weights
Balance and walking activities	<ul style="list-style-type: none">• Stepping activities such as stepping forward, backward, and sideways with arms moving up and down, in varied patterns and at different rates• Standing leg raises to side, front, back in varied patterns• Step-up exercise (forward, backward, and sideways)• Lunges and other weight shifting to side, front, back• Shuttle walking
Cool-down activities	<ul style="list-style-type: none">• Walking and marching activities• Arms and leg stretches• Neck stretches and trunk elongation• Deep breathing activities

Examples of activities performed within the general exercise phase of the exercise class.
Precise form and timing of exercises varied from class to class.