



Better Bones & Balance[®]

exercise for lifetime health

Lesson Plan Outline: *General Guidelines*

Components	Description	Allotted Time
1. Warm-up	Warm-up activities are essential to prepare the exerciser for more vigorous activity. The exercises included in the warm-up should mirror the more vigorous activities in the exercise program. Range of motion activities are best, stretching should be included if time allows AFTER range of motion activities have been completed.	5-10 minutes
2. Key-Component Exercise Regime	<p>This is the primary focus of a BBB class. Exercises should include steps, squats/lunges, balance, other strengthening exercises, and impact activity (jumps, stomps, etc.) as appropriate.</p> <ul style="list-style-type: none">• The lesson plan should include some basic guidance related to the FITT (Frequency, Intensity, Time, Type), with a focus on the three latter components as frequency is dictated by the class schedule.• Intensity may be altered through adjustments in:<ul style="list-style-type: none">○ # repetitions appropriate for individuals' respective fitness levels (beginner, intermediate, advanced)○ Modifications or added challenge appropriate to individuals' fitness levels○ Targeted RPE level○ Use of weighted vests• Time refers to the duration of a particular exercise component• This may be achieved through a designated # of repetitions and sets for strengthening activities or an amount of time for balance or aerobic activities	30-45 minutes
3. Cool-down	Cool-down activities are intended to bring heart rate, breathing, and body temperature back to resting levels. Range of motion, balance, and stretching exercises are all appropriate activities for inclusion in the cool-down.	10-15 minutes

Lesson Plan Outline: *Sample Lesson Plan*

Components	Description	Allotted Time
<i>Class content will vary, but during a particular week, exercises would be selected from this plan</i>		
1. Warm-up	<ul style="list-style-type: none"> • Posture Cues (shoulders, pelvic floor, abdominals) • Stretch (with chair available) 	5-10 minutes total
Key-Component Exercise Regime		
2. Strength/balance	<ul style="list-style-type: none"> • Partner Core Challenge 	Time will vary
3. Side Lunge	<ul style="list-style-type: none"> • Side Lunge Shift – Step Out 	Time will vary
4. Stepping	<ul style="list-style-type: none"> • Basic Step Right Foot Lead (add # reps/sets) • Hamstring Curls • Basic Left 	Time will vary
5. Chair Squat	<ul style="list-style-type: none"> • Staggered Stance – Draw Horizon – Eye Follow 	Time will vary
6. Forward Lunge	<ul style="list-style-type: none"> • Bench / Floor (briefly describe; add reps/sets) • Chair? • Partner and Stick 	Time will vary
7. Stepping	<ul style="list-style-type: none"> • High Knees Alternate – Slow and Hold (with chair available) 	Time will vary
8. Chair Squat	<ul style="list-style-type: none"> • Tap Toosh to Chair 	Time will vary
9. Forward Lunge	<ul style="list-style-type: none"> • Dynamic / Static Forward Lunge Combo <ul style="list-style-type: none"> ○ Alternate 5 Sets with Chairs ○ Lower / Lift after each step 	Time will vary
10. Toe Raise/Heel Drop	<ul style="list-style-type: none"> • Use Chair/wall for balance as needed – Press Out 	Time will vary
11. Stomps/Jumps	<ul style="list-style-type: none"> • Stomp Around the Room 	Time will vary
12. Side Lunge	<ul style="list-style-type: none"> • Short and Sweet (3+3) • Long and Strong (3+3) 	Time will vary
13. Stomps/Jumps	<ul style="list-style-type: none"> • Stomp Around the Room (in opposite direction) 	Time will vary
14. Side Lunge	<ul style="list-style-type: none"> • Short and Sweet (2+2) • Long and Strong (2+2) 	Time will vary
15. Stomps and Jumps	<ul style="list-style-type: none"> • Jumps (stomps or heel drops) • T-Score < 2.5 = No Jumps 	Time will vary
16. Strengthening Exercises	<ul style="list-style-type: none"> • Resistance Bands in Chairs <ul style="list-style-type: none"> ○ Side Leg Lifts ○ Bicep Curls ○ Lat Rows • Abdominals (Toe Dips – leg out 45 degrees) 	Time will vary
17. Cool Down	<ul style="list-style-type: none"> • Balance Exercises and stretching 	5-10 minutes