

# SITFIT

Presented by:

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**Master Trainer - BB Method, Barre Above, Tabata GX**

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**SITFIT** is a fun class designed for the young at heart. Using the chair as a prop, this exciting exercise program will have your clients burning calories, toning muscle, and keeping their hearts strong.

Using a variety of resistance and balance training equipment, you will learn specific exercises to improve your clients' strength, balance, mobility, and stamina. You will walk away with a program that you can start teaching tomorrow!

Special Population	Precautions	Strengthen	Lengthen
Parkinsons Disease	Balance/tipping backwards, uncontrollable shakes, freezing, memory loss,	Core, Glutes, Posture, Abductors, Back,	Hamstrings, Chest, Quadriceps, Torso,
Osteo Arthritis	Swollen Joints,	Posture - Anterior/Posterior Chain, Functional movements	Posture - Anterior/Posterior Chain, Functional movements
Hip/Knee Replacements	Knees - ROM, Hips - No crossing midline?	Abductors	
Seniors			

**Why is balance so important as we age?**

**What are some of the factors that can contribute to falling?**

**What can we do to help improve the balance of our clients?** Exercises can address ways to prevent falling:

- ✓ Improving posture
  - ✓ Increasing muscle strength
  - ✓ Increasing motor skills
  - ✓ Improving agility and coordination
  - ✓ Improving self-confidence
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**Key Components to SITFIT Class format: 45 minutes**

1. Warmup/Cardio
2. Muscle Strengthening/Balance
3. Stretching

**Equipment Used**

- Bender Ball (BB)
- Tubing - light or medium resistance
- Gliders
- 1, 2, 3, or 5lb dumbbells
- Chair (preferably with no arms)

Movements: not in any particular order\*

<p><b>WARMUP/CARDIO</b>            Music:            Timeless Pop            BPM: 125</p> <p><b>Setup:</b> BB positioned against lumbar spine; feet under hips</p>	<p><b>SEATED:</b>            Shoulder/Arm Circles, Chest Stretch, Arm Reaches, Marching/On The Spot/Out Out In In/Forward-Back, Toe/Heel Taps plus Alternating/Opposite/plus arms/side2side/x8/x4/x2/x1 March + Knee Lifts - 1,2,3 + lift/ + Torso Twists/extend hand and leg</p> <p><b>MOVE TO FRONT OF CHAIR - BB</b>            Ball Reaches down/up/diagonal/twists</p>
<p><b>STRENGTH/BALANCE</b>            Music:            Timeless Pop            BPM: 125</p> <p>Big Band Swing            BPM: 129</p>	<p><b>BB - Chest Press, Lat Squeeze</b>            Abduction of legs (<b>BB on outside of leg</b>)</p> <p><b>BB b/w knees:</b>            Adduction-Double/Unilateral/Alternating, Standing/Sitting/Hovering</p> <p><b>Standing to L side of chair:</b>  <b>Glider - Lateral Gliding</b>  <b>BB and Glider – Reverse lunges:</b> Bowling/Rotation/Leg Circles, <b>DB</b> Row (hand to stationary foot)  <b>Tubing under L foot - Lateral Raise</b> (thumb up), Anterior Raise.  <b>BB on floor with L foot on top:</b> Hamstrings/1-leg Squat. <b>Repeat all on other side</b></p> <p><b>Standing behind chair: BB</b> b/w knees (optional) calf and arm raises/balance Chest Press/Triceps (Calf Stretch)  <b>Tubing:</b> Lat Pulldown-Double/Alternating  <b>Tubing under feet:</b> Deadlift  <b>1 DB - Plié Squats</b></p> <p><b>Sitting on BB: Tubing - Seated Row, Upright Row, (remove tubing) Quad Strengthener, Ankle Alphabet, DB - Arnold Raises/Biceps Curls,</b></p> <p><b>BB behind back - Obliques, Lower Back Reach, Extension</b></p>
<p><b>STRETCHING</b>            Music:            Bender Ball 2            BPM: 98</p>	<p><b>No BB - Legs wide - reach down to centre/sides Side Twist,</b>  <b>Standing:</b> R foot on chair - Hip flexor/Side Bend/Rotation/Calf. Repeat with other leg...  <b>Behind chair:</b> Downward Dog/Cat/Cow/Spine Rollup/Reach High/ Breath  <b>Hold each stretch 10-20 seconds</b></p>

**NOTE: Let your client's ability to maintain good form be your guide. Do not take an individual beyond his/her ability to maintain good posture and alignment.**