



The "Circle" Routine!

Need: Chairs

Fitness equipment of your choice
Coach for every fighter.

TIP: If you have more fighters than coaches, plan an exercise that the fighter can correctly perform until the next round when they have a coach. Example: boxing on a bag or a fine motor drill.

"Circle" Routine Details:

1. Set up chairs in a large circle so fighters and coaches have plenty of room to move around.

2. Place coaches exercise card(s) and equipment at each seat. (This eliminates confusion)

3. Review exercises with coaches prior to class.

4. Assign exercises for each coach to perform.

For example: March in place/Speed bag arms for 30 seconds **THEN** do 20x "W" arms/heel lifts. Repeat exercises until round is over.

5. Begin class with a group "micro-warmup". For **A VIDEO** on how to perform a micro-warmup, email Colleen Bridges at info@bridgesforparkinsons.com

6. Upon completion of micro-warmup, have coaches partner up with a fighter and take them through their exercises. Typical "round" is 2-3 minutes.

7. THEN...Fighters remain at their seat while the coaches step to the RIGHT and work with the next fighter. Continue until you complete the circle!

8. Close with a group stretch!!

Additional Ideas:

1. Each coach has a "get to know ya" question for fighters.

2. Randomly at the end of a "round" have everyone perform a boxing combo together or do a fine motor/vocal drill.

3. If you finish with class time left over, do group boxing or play a group game.

