



Rev it Up Virtual Fitness Session

Camden County Department of Events and Community Outreach

Zoom Presentation with Coach Dan - Tuesday's from 6:30 pm to 7:30 pm

<https://us02web.zoom.us/j/88958479207?pwd=MFZOCmFpZGZ1bnRnpleXF0YkRKN3BTUT09>

Meeting ID: 889 5847 9207

Password: 117506

Curriculum: 1-Hour of Virtual Socialization & Fitness

Body Warm Up	Body Warm Up - Modified	Equipment Needed
Arm Circles	Single Arm Circles	
Bent Arm Stretch	Single Bent Arm Stretch	
Straight Arm Stretch	Single Straight Arm Stretch	
Head Rotations	Seated Head Rotation	
Trunk Twists	Seated Truck Twists	
Toe Touches	Seated Toe or Knee Touches	
Ball Stretch	Seated Ball Stretch	Basketball, Soccerball, Couch pillow
Ball Bounce	Seated Ball Push Throw	Basketball, Soccerball
Ball Squats	Seated Ball Press	Basketball, Soccerball, Couch pillow
Knuckle Draggers	Seated Knuckle Draggers	
Standing Leg Stretch	Seated Leg Stretch	
Seated Butterfly Stretch	Seated Butterfly Stretch	
Seated Hurdler Stretch	Seated Hurdler Stretch	
Recharge Breathing	Recharge Breathing	
Water Break		
Cardio Exercise - Standing	Cardio Exercise - Modified	Equipment Needed
Marching in Place	Seated Arm Raises	
Jogging in Place	Arm Pumps	
Jumping Jax	Seated Arm Flapp-Jax	2 hand towels
Jump Rope	Seated Arm Circles	2 hand towels
Lasso Rope (Yee Hawww)	Seated Lasso Rope (Yee Hawww)	2 hand towels
Standing Recharge Breathing	Seated Recharge Breathing	
Core or Ab Exercise - Floor	Core or Ab Exercise - Modified	Equipment Needed
Rock n Roll on Back	Seated Knee Raises Seated	Yoga mat or beach towel
Crunches or in & Outs	Seated Tummy Tighteners	
Bicycle Riders on Back	Seated Bicycle Riders	
Standing Slammers	Seated Ball Slammers	8lb sand bag or small couch pillow
Strength Exercises	Strength Exercises - Modified	Equipment Needed
Floor Bar Press on Back	Seated Bar Push	Lite exercise bar or broom stick
Standing Bar Press	Seated Bar Press	Lite exercise bar or broom stick
Standing Curl	Seated Curl	Lite dumbell or Can of soup or Tennis ball or Water bottle
Endurance Exercises	Endurance Exercises - Modified	Equipment Needed
Spot Hop	Standing or Seated Knee Raises	8 round spot markers vinyl or paper plates
Wack - a - Mole	Chair maneuvers	8lb sand bag or small couch pillow
Standing Boxer Exercise	Seated Boxer Exercise	Boxing gloves or two tennis balls
Standing Karate Exercise	Seated Karate Exercise	
Water Break		
Cool Down & Calming Exercises	Cool Down & Calming Exercises - Modified	
Standing Recharge Breathing	Seated Recharge Breathing	
Seated Meditation	Seated Meditation	