

Silversneakers Cardio sequence

1	Warm up stretch – Rag doll	30 sec each
2	Warm up stretch – Plie	
3	Warm up stretch – Lunges	
4	March	Video time 0:25 - 0:49
5	Heel Taps	0:50 - 1:25
6	Side Step	1:26 - 1:58
7	Toe Taps w Turn	2:00 - 2:25
8	Fast March	2:28 - 3:00
9	Knee Taps Across	3:22 - 4:05
10	Hamstring Lift	4:20 - 5:08
11	Knee taps & hamstrings	5:43 - 6:20
12	Double Sidesteps and kicks	7:04 - 7:50
13	Side thrust left	8:13 – 9:30
14	Big Sidesteps (skating)	9:45 - 10:30
15	Sprinter steps	11:09 - 12:06

16	Knee Strikes	12:48 – 14:26
17	V steps	14:52 - 15:10
18	Mambo	15:11 - 15:29
19	Toe Taps w Turn	15:30 - 15:36
20	V steps	15:42 - 16:10
21	Fast V steps	16:10 - 16:17
22	Mambo	16:19 - 17:06
23	Toe taps	17:06 - 17:25
24	Boxer shuffle	17:25 - 17:36
25	Side Kicks	18:05 - 18:31
26	Crosscuts	18:33 - 19:00
27	Uppercuts	19:00 - 19:16
28	Float like a butterfly	19:19 - 19:41
29	Cool down stretch – Backbend	
30	Cool down stretch – Side bend	

[Silversneakers Cardio Workout Video](#)