

Senior Strength Circuit

This is a generalized workout program for seniors. Please listen to your body (and your doctor). Never perform activities that can cause pain or are beyond your comfort zone. It is recommended that you consult with your doctor before beginning any new exercise program.

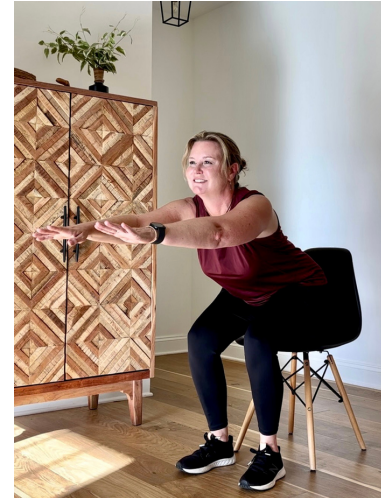
Equipment Needed: a light pair of dumbbells

Begin by warming up with a few minutes of gentle activity (ex. walking). Then perform each exercise 8x before moving to the next one. Rest as needed. Repeat circuit a total of two times. Finish with a gentle stretch.

Squat

Stand straight, with feet shoulder-width apart. Bend your knees, pushing your bottom back like you are going to sit in a chair, making sure your toes do not go past your knees. Pause and return to standing. Repeat up to 8x.

Modification- you can also perform this movement by sitting in a chair and standing back up.



Seated Shoulder Press

Sit up straight in a sturdy chair. Hold dumbbells by your shoulders with your palms facing forward and your elbows out to the sides, bent at a 90-degree angle. Extend through your elbows to press above your head and return to start. Repeat 8x.

Seated Leg Lifts

Sit-up straight in a sturdy chair. Straighten one leg, by raising foot off ground (as pictured). Slowly return to start. Repeat 8x, then switch to the other leg.



Seated Bent-over Rows

Begin by sitting in a sturdy chair. Hold a dumbbell in each hand with palms facing the body. Bend over about 45 degrees, being mindful to keep your back straight. Contract your abs and lift weights straight up, squeezing your shoulder blades towards one another. Lower to start. Repeat 8 x.



Hamstring Curls

Stand next to a wall or behind a sturdy chair for balance. Shift all your weight to one foot. Bring your other foot up towards your bottom in a slow, controlled movement (as pictured). Slowly lower that leg, tapping on the ground with your toe. Repeat movement 8x, then switch to the other leg.



Seated Bicep Curls

Sit up straight in a study chair. To start, your elbows should rest at your sides with forearms extended very slightly in front of your body. Palms are facing forward. Bring dumbbells up to your shoulders by bending at your elbows. Slowly lower to starting position. Repeat 8x.



Calf Raises

Stand up straight, with feet shoulder-width apart. Be sure to stand next to a wall or behind a study chair for balance. Shift your weight to your toes and lift your heels. Pause, then slowly lower heels to ground. Repeat 8x.

Balance Exercises

This is a generalized balance program for seniors. Please listen to your body (and your doctor). Never perform any activity that can cause pain or are beyond your comfort zone. It is recommended that you consult with your doctor before beginning any new exercise program.

Walking in a Straight Line

Practice walking in a straight line. If you are feeling unsteady, be sure to complete this activity next to a wall.

Progression: If you need more of a challenge, progress to a straight line walk in a heel-to-toe pattern (as shown).



Running Man

Begin by walking in place, being mindful to swing your arms. Once you have the pattern down, shift all of your weight into one foot. Keeping that foot planted firmly on the ground, mimic the running pattern on one side, by slowly swinging your lifted leg forward and back tapping your toe down on the ground (as shown). Complete 8x and then repeat on the other side.



Progression: If you would like more of a balance challenge, keep your moving leg off the ground, while fully balancing throughout the movement.

Standing Star

Begin by standing straight near a wall or behind a sturdy chair. Shift all of your weight to one foot. Slowly lift your other foot to the side for a few seconds. Repeat on the other side.

Progression: Left your hands towards the sky to make this balancing exercise more challenging.



Standing Crunches

Begin by standing next to a sturdy wall. Place all of your weight into one foot while lifting the other knee. Slowly bring your chest towards your knee and clap your hands together under your thigh (as shown). Return to the upright position and repeat. Continue this activity for 8x, then switch legs.

Progression: Add a clap overhead when in the upright position for an additional challenge. Finally, the most advanced progression is to keep your moving foot off the ground throughout the exercise (shown).

Check out our video tutorial by scanning the QR code or visiting www.rappc2bf.com/resources-1

