



# STRENGTH

— SeniorFit Online —

# TRAINING

**PERSONAL**  
TRAINING

# Arm Warm Up

\*20 seconds per exercise. Relax the arms between each exercise

## 1. Arms Straight Back

- Arms straight at your side. Palms forward
- Move your arms & shoulders back
- Squeeze your shoulder blades together



## 2. Arms to the Side

- Arms straight at your side. Palms inward
- Lift both arms up to your side
- Keep your shoulders down



## 3. Bicep Curl

- Arms straight at your side. Palms forward
- Bend your elbows bringing your hands up
- Don't move your elbows



## 4. Arms In, Out

- Arms up with elbows bent
- Straighten your arms out then back in
- Flex the back of your arms



## 5. Low to High Row

- Arms straight at your side. Palms back
- Raise your arms up & back
- Squeeze your shoulder blades together



# Standing Lower Warm Up

\*Start with side to side step & return to it between each exercise

## 1. Side to Side Step

- Take one small step to the side
- Repeat to the other side
- Keep your knees relaxed & stomach in



## 2. Heel Tap Forward

- Stop the side to side step
- Kick one leg forward. Tap your heel
- Repeat on the other side (arms are optional)



## 3. Pivot In

- Turn one leg in & tap with your toe
- Repeat on the other leg
- Keep your shoulders & head facing forward



## 4. Bend Knee w/ Row

- Bend one knee bringing the foot back
- Pull both arms back at the same time
- Repeat with the other leg



## 5. Cross In Front

- Cross one leg in front
- Tap with your toe. Don't shift the weight
- Repeat on the other leg



# Lower Chair Stretch 1

\* Hold each stretch for about 15 seconds. Breathe between each stretch

## 1. Lunge

- Hold onto the chair & turn
- Kick one leg back. Keep your knee bent
- Sit up straight & reach up **Do 1 & 2 then switch legs**



## 2. High Lunge

- From lunge, straighten out your back leg
- Straighten the back leg as much as possible
- Reach up & slightly to the side



## 3. Sumo

- Open your legs. Toes out
- Sit up straight & push your knees out
- Breathe in & lean forward. Keep your back straight



## 4. Single Leg

- One leg out to the side. Pull toes back towards you
- Breathe in. Reach down slowly & touch the toes
- Hold then come up slowly



## 5. Toe Touch

- Both legs out. Knees bent. Toes back
- Breathe in. Reach up with both arms
- Reach down & touch toes. Look down





# Upper Chair Stretch 1

\* Hold each stretch for about 15 seconds. Breathe between each stretch

## 1. Chest Opener

- Hands behind your head
- Open your shoulders by pulling your elbows back
- Imagine someone behind you pulling you back



## 2. Elbows Up

- Elbows come to the center
- Elbows up. Look up. Arch your back
- Hold, then breathe in



## 3. Pencil

- Exhale, both hands come up
- Shoulders to your ears
- Reach up as high as possible



## 4. Pencil Left/Right

- Lean over to the left. Hold
- Lean over to the right. Hold
- Back to the center. Breathe. Reach up



## 5. Fingers Up/Down

- Start with palms up, fingers up
- Then fingers down. Switch your palms after
- Palms down, repeat fingers up & down

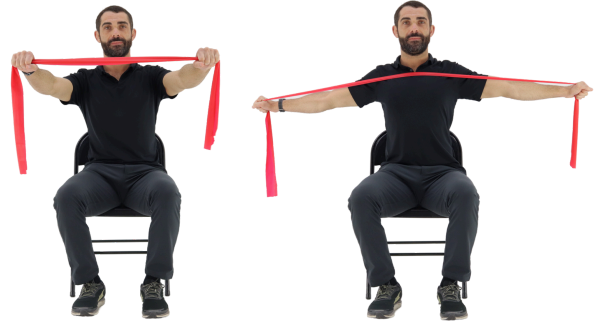


# Upper Body Strength Exercises

\* Perform each exercise slowly. 10-12 repetitions per exercise

## 1. Pull Aparts

- Grab band with palms down & arms straight
- Pull apart. Squeeze shoulder blades together
- If it hurts your shoulder, then bring arms down



## 2. Posture Fixer

- Put the band down. Switch your palms
- Elbows behind you. Squeeze them in
- Don't move your elbows & pull the band apart



## 3. Pass Through

- Grab band with palms down & arms straight
- Go up all the way & then behind you
- Be careful & watch out for your hair



## 4. Single Arm Row

- Toe up & put the band around your shoe
- Grab the band with one hand & pull it back
- Sit up straight & keep your shoulder down



## 5. Double Arm Row

- Put the band around both feet
- Alternate arms while twisting a bit
- End by going as fast as you can



# Lower Body Strength Exercises

\* Band goes on top of the legs & around. 8-10 repetitions per exercise

## 1. Knees Apart

- Start with your feet together
- Slowly open your knees as far as possible
- Slowly close knees & repeat



## 2. Hold & Pulse

- Stop with your knees apart
- Keep your knees apart & pulse
- Pulse in rhythm about 15 times



## 3. Single Leg Open

- Bring both knees together
- Open one leg repeatedly without moving the other
- Repeat on the other leg



## 4. Single Leg Side Step

- Jump the feet apart, pause & together
- Make sure you push your knees apart
- Start slow & then end with a double time



## 5. Open & Close

- Start with your feet & knees apart
- Lift both legs up while holding the position
- Make sure you keep your knees apart



# Lower Chair Stretch 2

\* Do all stretches on one leg first. Hold each stretch for about 15 seconds

## 1. Pretzel

- Cross one leg over the other
- Sit up tall
- Pull your crossed knee into your chest



## 2. Figure 4

- From pretzel, push your knee down
- Sit up tall
- You can push on your knee or slightly above



## 3. Bend & Kick

- Uncross your leg & grab your knee
- Bend & straighten your leg
- Move at a steady pace. Repeat 10 times



## 4. Ankle Circles

- Continue to hold your knee
- Rotate your foot & ankle
- Stop. Other direction



## 5. Point & Flex

- Point your toe & then pull it back
- Move at a steady pace
- Done. Now do all the stretches on the other leg



# Upper Chair Stretch 2

\* Hold each stretch for about 15 seconds on both sides

## 1. Twist

- Twist your upper body
- Use your hand to twist more
- Try to look behind you



## 2. Across Body

- Put one arm across your body
- Grab your arm & pull
- Make sure your shoulders stay relaxed



## 3. Arm Grab

- Raise your hand
- Touch your back
- Grab your elbow, pull & look up



## 4. Hot Hands

- Bend your elbows. Palms Up
- Switch your palms
- Go back & forth. Start slow & end fast



## 5. Wrist Circles

- After hot hands make circles with your wrist
- After about 15 seconds, switch direction
- Make sure you don't move your elbows





# Neck Stretches

\* Hold each stretch for about 15 seconds on each side

## 1. Left/Right

- Turn your head all the way to the left
- Try to look behind you
- Hold, then turn your head to the right



## 2. Up

- Back to the center
- Look up
- Hold



## 3. Down

- Back to the center
- Look down
- Hold



## 4. Ear to shoulder

- Back to the center
- Ear to your shoulder. Relax
- Repeat on the other side



## 5. Neck Circles

- Make circles with your neck
- Go twice around slowly
- Switch directions

