Senior Fitness

Strength Exercises Plan:

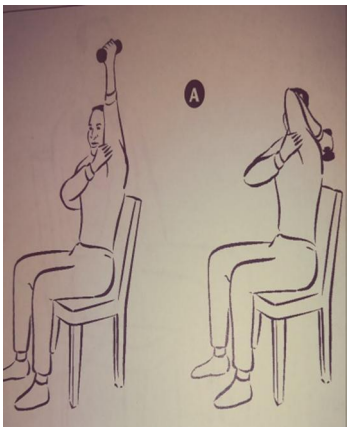
Lateral Raises- Strengthens shoulder muscles

Sit in an armless chair, with back straight. Your feet should be flat on the floor, spaced apart so that they are even with your shoulders. Hold the weights straight down at your sides, with your palms facing inward. Take three seconds to lift arms straight out, sideways, until they are parallel to the ground. Hold the position for one second. Take three seconds to lower your arms so they are straight down by your sides again. Pause. Repeat eight to fifteen times. Do another set of eight to fifteen repetitions.

Bicep Curls-Strengthens upper-arm muscles

Sit in an armless chair, with back supported by the back of the chair. Your feet should be flat on the floor, spaced apart so that they are even with your shoulders. Hold the weights straight down at your sides, with your palms facing in towards your body. Take three seconds to lift your left-hand weight towards your chest by bending your elbow. As you lift, turn your left hand so that your palm is facing your shoulder. Hold the position for one second. Take three seconds to lower your hand to the starting position. Pause, and the repeat with the right arm. Alternate until you have repeated the exercise eight to fifteen times on each side. Rest, and the do another set of eight to fifteen repetitions.

Tri-cep extension-Strengthens muscles in the back of the upper arm



Sit in a chair, towards the front. Your feet should be flat on the floor, spaced apart so that they are even with your shoulders. Hold the weight in your left hand, and raise left arm all the way up, so that it's pointing toward the ceiling, palms facing in. Support your left arm by holding it just below the elbow with your right hand. Slowly bend your left arm so that the weight in your left hand now rest behind your left shoulder. Take three seconds to straighten your left arm so that it is pointing towards the ceiling again. Hold the position for one second. Take three seconds to lower the weight back to your shoulder by bending your elbow. Keep supporting your left arm with your right hand throughout the exercise. Pause, and then repeat the bending and straightening until you have done the exercise eight to fifteen times with your left arm. Rest, and then repeat another set of eight to fifteen repetitions on each side.

Alternative "Dip" Exercise for back of upper arm

Sit in chair with arm rests. Make sure the chair is heavy enough and stable enough to support dips. Lean slightly forward, keeping your back and shoulders straight. Hold onto the arms of the chair. Your hands should be level with the trunk of your body, or slightly farther forward. Place your feet slightly under the chair, with your heels off the ground and the weight of your feet and legs resting on your toes and the

balls of your feet. Slowly lift yourself up, using your arms, as high as you can. This pushing motion will strengthen your arms even if you are unable to lift yourself off of the chair. Don't use your legs or your feet for assistance, or use them as little as possible. Slowly lower yourself back down. Repeat eight to fifteen times. Rest, and then repeat another eight to fifteen times.

Knee Flexion-Strengthens muscles in the back of the thigh

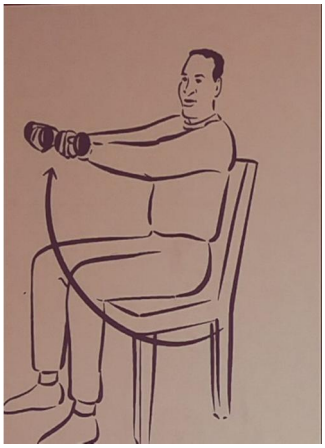
Stand straight, very close to a table or chair, holding it for balance. Take three seconds to bend your left knee so that your calf comes as far up toward the back of the thigh as possible. Don't move your upper leg at all; bend your knee only. Take three seconds to lower your left leg all the way back down. Repeat with right leg. Alternate legs until you have done eight to fifteen repetitions with each leg. Rest, then do another set of eight to fifteen alternating repetitions. Use ankle weights when you are ready to progress.

Hip Flexion-Strengthens thigh and hip muscles

Stand to the side or behind a chair or table, holding it with one hand for balance. Take three seconds to bend your left knee and bring it as far towards your chest as possible. Stand straight throughout, without bending at the waist or hips. Hold position for one second, and then lower your left leg all the

way down. Repeat with right leg; Alternate legs until you have done eight to fifteen repetitions with each side. Rest, then do another set of eight to fifteen alternating repetitions. Use ankle weights when you are ready to progress.

Shoulder Flexion- Strengthens shoulder muscles



Sit in an armless chair, with back straight. Your feet should be flat on the floor, spaced apart so that they are even with your shoulders. Hold hand weights straight down at your sides, with your palms facing inward. Take three seconds to lift arms in front of you, keeping them straight and rotating them so that the palms are facing upward, until your arms are parallel to the ground. Hold the position for one second. Take three seconds to lower your arms so they are straight down by your side again. Pause. Repeat eight to fifteen times. Rest, do another set of eight to fifteen repetitions

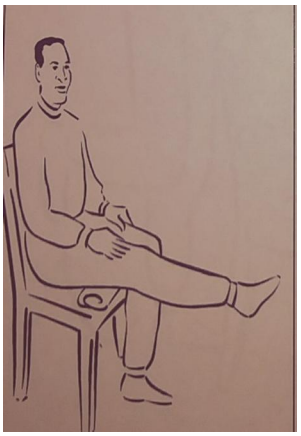
Side Leg Raise-Strengthens thighs and hips muscles

Stand straight up, directly behind a chair or table, feet slightly apart. Holding it with one hand for balance. Take three seconds to lift your right leg six to twelve inches out to the side. Keep your back and both legs straight. Don't point your toes outward keep them facing forward. Hold position for one second, and then lower your leg back to the starting position. Repeat with left leg; Alternate legs until you have done eight to fifteen repetitions with each side. Rest, then do another set of eight to fifteen alternating repetitions. Use ankle weights when you are ready to progress.

Hip Extension-Strengthens buttock and lower-back muscles

Stand twelve to eighteen inches away from chair or table, feet slightly apart. Bend forward at the hips at about 45 degree angle, Holding on to the table or chair for balance. In this position, take three seconds to lift your right leg straight behind you without bending your knee, pointing your toes, or bending your upper body any farther forward. Hold position for one second, and then lower your leg back to the starting position. Repeat with left leg; Alternate legs until you have done eight to fifteen repetitions with each side. Rest, then do another set of eight to fifteen alternating repetitions. Use ankle weights when you are ready to progress.

Knee Extension-Strengthens in front of thigh and shin



Sit in a chair, with your back resting against the back of the chair. If your feet are flat on the floor in this position, you should place a rolled up towel under your knees to lift them up. Only the balls of your feet and your toes should be resting on the floor. Rest your hands on your thighs or on the side of the chair. Take three seconds to extend your right leg in front of you, parallel to the floor, until your knee is straight. With your right leg in this position, flex your foot so that your toes are pointing towards your head; hold your foot in this position for one to two seconds. Take three seconds to lower your right leg back to the starting position, so that the ball of your foot rests on the floor again. Alternate legs until you have done eight to fifteen repetitions with each side. Rest, then do another set of eight to fifteen alternating repetitions. Use ankle weights when you are ready to progress.