

EXERCISE PROGRAMS



**Older Adult
Advanced**



Older Adult - Advanced

Introduction

This exercise routine is created for men and women above the age of 55, who have experience in exercise and are relatively fit. The workout includes a combination of upper body, lower body and core exercises for the older adult to achieve a whole body work out.

Exercise intensity – moderate level.

Warm Up

This workout should begin with a 5-10 minute cardiovascular activity/ exercise, as well as exercise specific stretches to elevate the heart rate and prepare the body for exercise.

Tips for the Workout

- ▶ A safe and healthy heart rate for an older adult during exercise should be between 60 and 70% of their maximum HR.
- ▶ Advise your client that stretching exercises should be incorporated before and after every workout and included on rest days.
- ▶ Balance is an integral part of an older adult training program, to help prevent falls and injuries.
- ▶ Hydration is vital while exercising. Ensure your client is drinking water throughout the session.
- ▶ Rest between sets should start at 60 seconds and be reduced to 45 seconds as the client progresses.
- ▶ It is crucial to complete a pre-screening questionnaire prior to the older adult completing any workouts.

Cool Down

This workout should conclude with a light cardiovascular activity followed by static stretches that target the muscles used in the exercise.

Bike - Warm up

- Select a bike
- Adjust seat to appropriate height
- Select a preset program or set timer
- Ride for designated time
- Monitor heart rate if possible



Complete 5 minutes.

Front Raise - Medicine Ball

- Shoulder width stance
- Medicine ball held in 2 hands in front of thighs
- Medicine ball lifted slowly overhead
- Maintain upright posture throughout



Complete 2-4 sets of 8-12 repetitions. Rest 60s between sets.

Lunge - Body Weight

- Feet hip width apart, arms by side
- Take a large step forward, descend until leading thigh is parallel to floor
- Return to start position by rapidly extending leading leg
- Maintain upright posture throughout



Complete 2-4 sets of 8-12 repetitions. Rest 60s between sets.

Round Arm Punches - Standing - Elastic Cord

- Stand, hold end of elastic cord in one hand
- Face away from cord attachment
- With a slightly bend arm, pull cord from the side to in front of the shoulder in a round arm punching action
- Pause, control the return movement



Complete 2-4 sets of 8-12 repetitions. Rest 30s between sets.

Hip Extension - Kneeling - Bent Knee

- Kneel with hands on the floor
- Slowly press one foot upward towards ceiling
- Keep knee bent throughout
- Maintain stable posture
- Lower leg back to the floor & repeat



Complete 2-4 sets of 8-12 repetitions. Rest 60s between sets.

Squat - Body Weight

- Stand feet wider than hip width apart
- Arms in front of body
- Push knees forward over toes & sit backward until top of thigh is parallel to floor
- Ascend by driving hips forward & shoulders towards the roof
- Feet stay flat & lower back maintains normal curvature throughout



Complete 2-4 sets of 8-12 repetitions. Rest 60s between sets.

Shoulder Press - Alternate Arm - Dumbbell

- Stand with a dumbbell in each hand
- Position dumbbells adjacent to shoulders, palms facing forward
- Knees & hips slightly flexed
- Press dumbbells overhead one at a time
- Elbow remains directly under hand throughout the movement



Complete 2-4 sets of 8-12 repetitions. Rest 60s between sets.

Scapular Retraction & External Rotation - Bent Over

- Stand, dumbbell in each hand, arms extended, palms facing feet
- Slightly flex knees, bend forward from hips, maintain neutral spine
- Pull the dumbbells in a rowing action with high elbows, pause
- Externally rotate arms
- Follow sequence in reverse order to return to start position

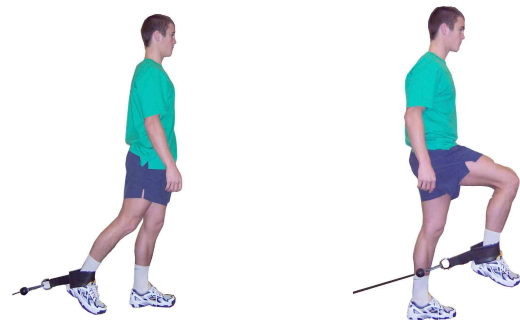
Complete 2-4 sets of 8-12 repetitions. Rest 30s between sets.



Hip Flexion - Standing - Cable

- Stand with back to low cable
- Attach cable cuff around one ankle
- Hold something for support
- Pull the cable by flexing the hip
- Leg straight or slightly flexed

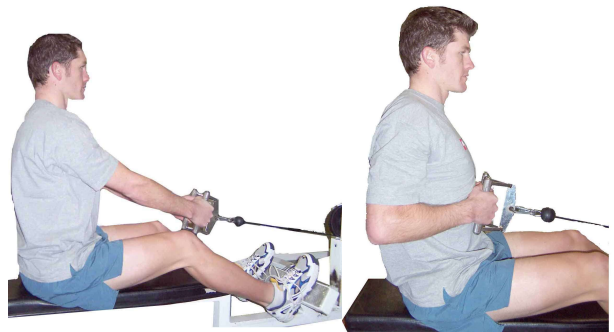
Complete 2-4 sets of 8-12 repetitions. Rest 60s between sets.



Seated Row

- Sit on machine
- Grasp handle, sit tall
- Extend the legs
- Pull handle to abdomen, retract shoulder blades
- Maintain upright posture

Complete 2-4 sets of 8-12 repetitions. Rest 60s between sets.



Step Down - Forward

- Stand on a low box or step
- Slowly step down in a forward direction
- Step down heel first
- Turn & step back onto the box
- Maintain alignment of ankle, knee & hip

Complete 2-4 sets of 6-12 repetitions. Rest 60s between sets.



Torso Rotations - Medicine Ball - Standing

- Stand with feet shoulder width apart
- Hold medicine ball in both hands at shoulder height
- Bend arms slightly
- Rotate the medicine ball from side to side, rotate the shoulders & hips
- Maintain a stable stance & upright posture



Complete 2-4 sets of 8-15 repetitions. Rest 30s between sets.

Single Leg Balance - Eyes Open - Eyes Closed

- Stand on one leg
- Maintain upright posture & alignment of hip, knee & ankle
- To increase difficulty, close eyes



Hold for 30-60 seconds. Repeat 2-5 times.