

# EXERCISE PROGRAMS



## Older Adult Beginner



## Older Adult - Beginners

### Introduction

This exercise routine is created for men and women over the age of 55. These individuals may have joint pain, muscular pain, new to a workout routine, or any combination of these.

The aim of this routine is to improve function of their daily activities as well as help tone their overall body.

*Exercise intensity – light and easy (relevant to the client's fitness 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

- ▶ Hydration is vital while exercising. Ensure your client is drinking water throughout the session
- ▶ The ideal amount of cardio a week is about 150 minutes for older adults. This can include walking, gardening, housework, etc.
- ▶ It is important to work on balance during your training sessions to help prevent falls.
- ▶ Ensure you have completed a thorough pre-exercise screening questionnaire and gained consent from a GP, if necessary.
- ▶ Rest between sets should be about 60-90 seconds and can get down to 40 seconds as the client progresses.

### Cool Down

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

### Run & Walk - 100m Run - 50m Walk

- Jog on a marked football oval/treadmill
- Fast walk or jog during the effort period
- Walk during rest period
- Monitor heart rate if possible



Complete 1-2 sets of 6-8 repetitions. Rest 2 min between sets.

### Abdominal Brace - Single Leg Lift

- Lie on floor, arms by side, knees bent, feet on the floor
- Preset lower abdominals, hold neutral spine position
- Slowly raise one foot off the floor, pause
- Lower foot to floor & repeat on the other side
- Maintain neutral spine position throughout



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

### Bridge - Double Leg

- Lie face up, knees bent, feet flat on floor
- Preset lower abdominals
- Lift hips to align with shoulders & knees
- Pause for 2-3 seconds, lower & repeat
- Hold neutral spine position throughout



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

## Hip Adductor Squeeze - Knees Slightly Bent

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- Lie face up, knees bent to 45 degrees
- Ball or rolled up towel between knees
- Preset lower abdominals
- Squeeze knees together, hold
- Relax & repeat



Complete 10 sets of 10s repetitions. Rest 60s between sets.

## Cat & Dog Pose

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- Kneel with hands on floor below shoulders
- Align spine parallel to the floor
- Inhale, simultaneously raise right arm forward & left leg backward
- Exhale, bring left knee toward the forehead, wrap right arm over the chest, round spine
- Tuck chin to chest & exhale completely
- Continue flowing arm & leg in & out
- Repeat 3-8 times before switching sides



Complete 2 sets of 3-8 repetitions. Rest 30s between sets.

## Shoulder Stability - Ball on Wall - Back to Wall

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- Place a ball between the back of the arm & the wall
- Preset the shoulder blades, face away from wall
- Move the ball in a small circular pattern
- Try the exercise at a variety of shoulder angles



Hold for 10-30 seconds. Repeat 2 times.

## Shoulder Stability - Ball on Wall - Bent Arm

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- Stand facing wall, raise the arm to 90 degrees
- Place a light ball between hand & wall
- Preset the shoulder blades back & down
- Move the ball in small circles on the wall
- Vary pressure on ball



Hold for 10-30 seconds. Repeat 2 times.

## Shoulder External Rotation - Adduction - Dumbbell

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- Lie on side, head supported by hand
- Dumbbell in hand, lock elbow to side
- Forearm across body
- Laterally rotate the arm
- Maintain position of elbow & shoulder blade throughout



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

## Hand & Finger - Towel Twist

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- Hold a folded towel in both hands
- Twist it tightly
- Vary the position of the hands & thickness of the towel
- Use a wet towel for an added challenge



Complete 2 sets of 8-20 repetitions. Rest 60s between sets.

## Front Raise - Dumbbell

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- Shoulder width stance
- Dumbbells held in front of thighs
- Palms facing thighs
- Dumbbells are lifted to eye level
- Maintain fixed posture throughout movement



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

## Lateral Raise - 180 Degree

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- Stand feet hip width apart
- Dumbbells in front of thighs
- Palms facing forward
- Lift dumbbells laterally following a semi-circular path & meeting directly overhead
- Follow same path back to start position



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

## Squat - Exercise Ball with support

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- Stand position ball between wall & low back
- Feet hip width apart & positioned forward of hips
- Arms by side
- Descend until top of thighs are below parallel to floor
- Ascend by driving shoulders directly toward the roof
- Maintain upright posture throughout movement

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

