

Senior Exercise Program



Keeping up with fitness as we age is one of the most important things to staying healthy and preventing injury. This program will provide multiple exercises to target and strengthen parts of the body that are most crucial for maintaining strength, balance, and injury prevention as we age. Every exercise seen on this program can be done from the comfort of your own home with little to no necessary equipment.



Hip Strengthening Exercises

• **Kneeling Hip Floor Flexor**

- Kneel on one knee with the other leg planted in front
- Place hands by knee of front leg
- Lean forward onto front leg then return to start position
- Repeat on opposite side for 5-10 reps

• **Bridges for Hip Strength**

- Lie on back, with legs slightly bent and arms flat next to your side
- Push down on feet, and push your hips towards the ceiling
- Return to start and repeat for 5-10 reps

• **Romanian Deadlift**

- Stand with your feet shoulder width apart
- Reach your arms out in front of you as bend from the waist
- Return to start and repeat for 5-10 reps
- Can try with single leg or add weight to increase challenge

Knee Strengthening Exercises

- **Rear Knee Flex**

- Stand with feet slightly apart
- Hold onto a chair or wall
- Bend knee until about 90 degrees
- Lower leg to starting position
- Perform on both sides for 5-10 reps

- **Sit to Stand**

- Sit on front edge of a chair with feet planted into the ground
- Slowly stand up until standing straight
- Repeat for 5-10 repetitions

Back Exercises

- **Bent Over Row**

- Stand with feet hip width apart
- Push hips back and let knees bend slightly
- Lean forward, squeeze shoulder blades together, and pull arms back leading with the elbows
- Add weight for more resistance
- Perform for 5-10 repetitions

- **Forward Back Bend**

- Stand shoulder width apart
- Fall forward at the hips and let arms dangle
- Maintain position for 20-30 seconds
- Repeat 5-10 times

Balance and Posture Exercises

- **Tightrope Walk**

- Stand straight with arms straight out from your sides
- Imagine a straight line extending in front of you and walk heel to toe, one foot in front of the other
- perform 5-10 steps per foot

- **Shoulder Squeezes**

- Stand with your chest up and back straight
- Squeeze your shoulder blades together and hold as if you are holding something between them