



WESTEND SENIORS ACTIVITY CENTRE

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8 Week
Senior's
Fitness
Program

Stretch
Routine



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8 Week Seniors Fitness Program – Week 1



WALKING

Walk 3 days - for 30 minutes each time.

- 10 minute warm up – light effort
- 10 minute brisk walk – moderate effort
- 10 minute cool down – light effort



STRETCHING

Add the **seniors stretch routine** to your cool down when possible.

DAY 1 EXERCISE INSTRUCTIONS



Chair Lean Backs - 3 sets of 10 reps

- Sit near front of chair with arms across chest
- Tighten your abdominal muscles
- Slowly lean back to a comfortable angle, where you feel your muscles working, but are not in any pain or discomfort
- Slowly come back to the start position



Seated Leg Straighten – 3 sets of 6 reps, each leg

- Sit in chair with feet rested lightly on floor
- Slowly extend one leg in front of you, but DO NOT lock your knee
- Toes pointed toward ceiling
- Hold for 2-3 seconds
- Slowly lower leg back down



Standing Knee Bends – 2 of 10 reps, each leg

- Stand using a chair to balance
- Bend your knee backward as high as you can
- Hold 2-3 seconds
- Slowly lower leg back down



Standing Side Leg Raise – 2 set of 10 reps, each leg

- Stand using a chair to balance
- Slowly lift one leg out to the side
- Keep your back straight and face forward
- Keep your standing leg slightly bent
- Hold for 2-3 seconds
- Slowly lower leg back down



Standing Hip Extension – 2 sets of 10 reps, each leg

- Stand using chair to balance
- Slowly extend your leg backward, keeping your knee straight
- Keep your back straight and facing forward
- Keep your standing leg slightly bent
- Hold for 2-3 seconds
- Slowly lower leg back down

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8 Week Seniors Fitness Program – Week 1

DAY 2 EXERCISE INSTRUCTIONS



Seated Hip March - 3 sets of 10 reps, each leg

- Sit in chair with feet flat on floor
- Lift your knee as high as comfortable
- Slowly lower
- Alternate lifting each knee for a total of 10 lifts on each leg



Calf Raises – 3 sets of 10 reps

- Stand with feet shoulder width apart using a chair to balance
- Slowly raise onto your toes
- Hold for 2 seconds
- Slowly lower heels to floor



Heel Stands – 3 sets of 10 reps

- Stand using a chair to balance
- Raise up on heels by lifting toes towards ceiling
- Hold for 2 seconds
- Lower toes slowly back to floor



Overhead Press – 2 set of 10 reps

- Sit in chair with feet flat on floor, shoulder width apart
- Hold weights at your sides at shoulder height with palms facing forward
- Raise both arms up over your head, keeping a slight bend in elbows
- DO NOT lock your elbows at the top
- Hold for 2 seconds
- Slowly lower arms



Seated Rows With Band – 2 sets of 10 reps

- Sit in chair with feet flat on floor
- Place middle of band under your feet and hold each end of the band in each hand, palms facing upward
- Relax your shoulders
- Pull back both elbows until your hands are at your hips
- Hold for 1-2 seconds
- Slowly lower back to start position

Dr. Haidong Liang is the author and project lead for this Seniors Helping Seniors Toolkit. He is an exercise specialist and gerontologist who has studied and served seniors since 2002.

Haidong devoted all of his three degrees to Physical Activity, Recreation and Gerontology:

- Doctor of Philosophy in Leisure, Recreation and Gerontology - University of Alberta
- Master of Arts in Tourism, Information Technology and Gerontology - University of Manitoba
- Bachelor of Recreation Management & Community Development and Gerontology – University of Manitoba

Haidong was also the sessional instructor for the **Physical Activity and the Aging Adult** course at the University of Alberta. "I firmly believe that the prevention of health problems and illness is more important than treatment and medicine."

8 Week Seniors Fitness Program – Week 2



WALKING

Walk 3 days - for 30 minutes each time.

- 5 minute warm up
- 20 minute brisk walk
- 5 minute cool down



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DAY 1 EXERCISE INSTRUCTIONS



Leg Balance – 3 sets of 10 reps, each leg

NOTE: try to only use chair for support, if needed

- Stand on one foot and use chair for balance
- Hold position for 10 seconds 3 times, each leg



Standing Side Leg Raise – 3 sets of 10 reps, each leg

- Stand using a chair to balance
- Slowly lift one leg out to the side
- Keep your back straight and facing forward
- Keep your standing leg slightly bent
- Hold for 2-3 seconds
- Slowly lower leg back down



Standing Hip Extension – 3 sets of 10 reps, each leg

- Stand using chair to balance
- Slowly extend your leg backward, keeping your knee straight
- Keep your back straight and facing forward
- Keep your standing leg slightly bent
- Hold for 2-3 seconds
- Slowly lower leg back down



Standing Knee Bends – 3 sets of 10 reps, each leg

- Stand using a chair to balance
- Bend your knee backward as high as you can
- Hold 2-3 seconds
- Slowly lower leg back down



Step Ups – 3 sets of 10 reps, each leg

- Step up onto stair leading with right leg, then following with the left
- Step back down leading with the left leg
- Repeat 10 times, then switch legs so that the left leg is leading on the step up

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8 Week Seniors Fitness Program – Week 2



WALKING

Walk 3 days - for 30 minutes each time.

- 5 minute warm up
- 20 minute brisk walk
- 5 minute cool down



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DAY 2 EXERCISE INSTRUCTIONS



Lying Leg Raise – 3 sets of 10 reps, each leg

- Lie on your back with one knee bent and one knee straight, toes pointed to ceiling
- Raise your straightened leg to the level of the other bent knee
- Hold for 1-2 seconds
- Slowly lower leg down to floor



Seated Towel Squeeze – 3 sets of 10 reps

- Sit in chair with feet flat on ground (or lie down like the left picture)
- Place rolled up towel or pillow between knees
- Squeeze towel/pillow with knees
- Hold for 5 seconds



Chair Lean Backs – 3 sets of 10 reps

- Sit near front of chair with arms across chest
- Tighten your abdominal muscles
- Slowly lean back to a comfortable angle, where you feel your muscles working, but are not in any pain or discomfort
- Slowly come back to the start position



Side Shoulder Raises – 3 set of 10 reps

- Sit in chair with feet flat on floor, shoulder width apart
- Don't use weights – we will progress to weight later
- Slowly raise both arms out to your side until you reach shoulder height
- Hold for 1-2 seconds
- Slowly bring arms back down to sides



Bicep Curls with Band – 3 sets of 10 reps

- Sit in chair with feet flat on floor
- Place middle of band under your feet and hold each end of the band in each hand
- Bend your elbow while rotating your palm upward
- Hold for 1-2 seconds
- Slowly lower back to start position

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8 Week Seniors Fitness Program – Week 3

Walk 4 days for 30 minutes each time

7 minute warm up

light effort (2 minute Balance walk, 5 minute light effort walk)

18 minute brisk walk – moderate effort & 5 minute cool down – light effort



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DAY 1 EXERCISE INSTRUCTIONS



Balance Walk

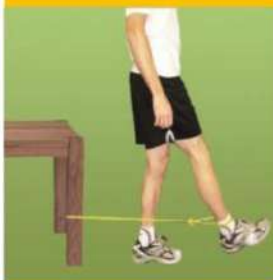
- Raise arms to sides at shoulder height
- Choose a spot ahead of you to focus on to help keep you steady
- Walk in a straight line with one foot in front of the other
- As you walk, lift your back leg
- Pause for 1 second before stepping forward

Note: if this is too difficult, use railing in hallway to support yourself and just lift legs alternately to still get a similar effect.



Leg Extension with Band – 3 sets of 10 reps, each leg

- Attach one end of band around a table leg and the other around your ankle
- Stand using a chair to balance
- Slowly lift one leg back behind you
- Keep your back straight and facing forward
- Keep your standing leg slightly bent
- Hold for 2-3 seconds
- Slowly lower leg back down



Hip Flexion with Band – 3 sets of 10 reps, each leg

- Attach one end of band around a table leg and the other around your ankle
- Stand using a chair to balance
- Slowly lift one leg out in front of you
- Keep your back straight and facing forward
- Keep your standing leg slightly bent
- Hold for 2-3 seconds
- Slowly lower leg back down



Hip Adduction (Squeeze) – 3 sets of 10 reps, each leg

- Attach one end of band around a table leg and the other around your ankle
- Stand using a chair to balance
- Slowly bring your leg across your body
- Keep your back straight and facing forward
- Keep your standing leg slightly bent
- Hold for 2-3 seconds
- Slowly bring leg back across



Bent Knee Raise – 3 sets of 10 reps

- Lie on back with knees bent
- Tighten abdominal muscles, think of your belly button pressing into your spine
- Lift your knees ONE AT A TIME toward your chest
- Hold for 5 seconds • Return both legs to the floor

Tips: 1. Don't over-bend your knee joint.
2. Place palms on the floor/bed for support.

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8 Week Seniors Fitness Program – Week 3

Walk 4 days

- 7 minute warm up
- Marches (high knees) for 2 minutes
- 5 minute light effort walk

- 20 minute brisk walk
- 5-7 minute cool down



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Add the seniors stretch routine to your cool down when possible

DAY 2 EXERCISE INSTRUCTIONS



Partial Squats with Support – 3 sets of 10 reps

- Stand using chair to help balance
- Bend your knees as far as comfortable without pain
- Hold for 1-2 seconds
- Return to standing position



Tricep Kick Backs – 3 sets of 10 reps, each arm

- Lean over your knee, if sitting or over a chair if standing
- Hold weight in hand as shown
- Straighten your elbow behind you as far as comfortable
- Hold 1-2 seconds
- Return to the start position



Stair Calf Raises – 3 sets of 10 reps

- Stand with feet shoulder width apart on the bottom step
- Hold onto railing for support
- Slowly raise onto your toes
- Hold for 2 seconds
- Slowly lower heels to floor



Knee Bends with Resistance – 3 sets of 10 reps, each leg

- Attach resistance band to chair leg or under one foot and the other end around your other ankle
- Stand using a chair to balance
- Bend your knee backward as high as you can
- Hold for 2-3 seconds
- Slowly lower leg back down



Wall Push-ups – 3 sets of 10 reps

- Face wall, standing a little more than arms' length away with feet shoulder-width apart
- Lean your body forward with your palms on the wall about shoulder width apart
- Slowly bend your elbows and lower your upper body toward the wall
- Hold for 1-2 seconds
- Slowly return to start position

Note: Try to keep your abdominal muscles tight to keep your hips from sagging forward. You can adjust the difficulty by moving your feet closer to or further from the wall.

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8 Week Seniors Fitness Program – Week 4

Walk 4 days

- 7 minute warm up
- Marches (high knees) for 2 minutes
- 5 minute light effort walk

- 20 minute brisk walk
- 5-7 minute cool down



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Add the seniors stretch routine to your cool down when possible

DAY 1 EXERCISE INSTRUCTIONS



Curl Ups, 3 sets of 10 reps

- Start on back with knees bent and arms on chest
- Tighten abdominal muscles
- Breathe in and then exhale as you lift your shoulders off the ground/bed
- Hold for 2-3 seconds, keeping abdominal muscles tight
- Slowly relax back down



Ball Squats – 3 sets of 10 reps

- Stand with feet shoulder width apart, exercise ball between your back and the wall
- Slowly bend your knees to lower your body down
- Keep your torso as upright as possible
- Only go as far as is comfortable and pain-free
- Hold for 1-2 seconds
- Return to start position – try coming up fairly quickly in order to develop power



Clock Game with Chair

- Stand on taped 'X' with feet shoulder width apart
- Hold onto chair for support
- Have a partner call out different times while you bring a foot to that time
- You should use your right foot for 1, 2, 3, 4, 5
- You should use your left foot for 11, 10, 9, 8, 7
- You can use either foot for 12 and 6



Hip Adduction (Squeeze) – 3 sets of 10 reps, each leg

- Attach one end of band around a table leg and the other around your ankle
- Stand using a chair to balance
- Slowly bring your leg across your body
- Keep your back straight and facing forward
- Keep your standing leg slightly bent
- Hold for 2-3 seconds
- Slowly bring leg back across



Knee Bends with Resistance – 3 sets of 10 reps, each leg

- Attach resistance band to chair leg or under one foot and the other end around your other ankle
- Stand using a chair to balance
- Bend your knee backward as high as you can
- Hold for 2-3 seconds
- Slowly lower leg back down

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8 Week Seniors Fitness Program – Week 4

Walk 4 days

- 7 minute warm up
- Marches (high knees) for 2 minutes
- 5 minute light effort walk

- 20 minute brisk walk
- 5-7 minute cool down



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Add the seniors stretch routine to your cool down when possible

DAY 2 EXERCISE INSTRUCTIONS



Balance Walk – 3 sets of 20 steps

- Raise arms to sides at shoulder height
- Choose a spot ahead of you to focus on to help keep you steady
- Walk in a straight line with one foot in front of the other
- As you walk, lift your back leg
- Pause for 1 second before stepping forward



Wall Push-ups

- Face wall, standing a little more than arms' length away with feet shoulder-width apart
- Lean your body forward with your palms on the wall about shoulder width apart
- Slowly bend your elbows and lower your upper body toward the wall
- Hold for 1-2 seconds
- Slowly return to start position

Note: Try to keep your abdominal muscles tight to keep your hips from sagging forward. You can adjust the difficulty by moving your feet closer to or further from the wall.



Chair Lean Backs – 3 sets, 10 reps

- Sit near front of chair with arms across chest
- Tighten your abdominal muscles
- Slowly lean back to a comfortable angle, where you feel your muscles working, but are not in any pain or discomfort
- Slowly come back to the start position



Side Shoulder Raise with Weight – 3 sets, 10 reps

- Sit in chair with feet flat on floor, shoulder width apart
- Hold weights at your sides with palms facing inwards
- Raise both arms out to your side until you reach shoulder height
- Try to raise your arms with a bit of speed to train power production. Be sure to keep the movement controlled
- Hold for 1 second
- Slowly bring arms back down to sides



Bicep Curls with Weight – 3 sets, 10 reps

- Hold weight in hand at your side with palm facing inward
- Bend your elbow while rotating
- Hold your palm upward
- Hold for 1-2 seconds
- Slowly lower back to start position

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8 Week Seniors Fitness Program – Week 5

Walk 3 days

- 5 minute light effort walking warm up
- 25 minute brisk, moderate-effort walk (incorporate 2 flights of stairs to this part of the workout)
- 5-7 minute light effort cool down

Add the seniors stretch routine to your cool down when possible.



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DAY 1 EXERCISE INSTRUCTIONS



Clock Game with Chair

- Stand on taped 'X' with feet shoulder width apart
- Hold onto chair for support
- Have a partner call out different times while you bring a foot to that time
- You should use your right foot for 1, 2, 3, 4, 5
- You should use your left foot for 11, 10, 9, 8, 7
- You can use either foot for 12 and 6



Ball Squats – 3 sets of 10 reps

- Stand with feet shoulder width apart, exercise ball between your back & the wall
- Slowly bend your knees to lower your body down
- Keep your torso as upright as possible
- Only go as far as is comfortable and pain-free
- Hold for 1-2 seconds
- Return to start position – try coming up fairly quickly in order to develop power



Seated Towel or Pillow Squeeze– 3 sets of 10 reps

- Sit in chair with feet flat on ground (or lie down like the left picture)
- Place rolled up towel or pillow between knees
- Squeeze towel/pillow with knees
- Hold for 5 seconds



Knee Bends with Resistance – 3 sets of 10 reps, each leg

- Attach resistance band to chair leg or under one foot and the other end around your other ankle
- Stand using a chair to balance
- Bend your knee backward as high as you can
- Hold for 2-3 seconds
- Slowly lower leg back down



Reverse Straight Leg Raise – 3 sets of 10 reps, each leg

- Lie on back and tighten your abdominal muscles
- Bring one knee toward your chest
- Keep other leg straight on the floor
- Straighten the bent leg and slowly lower it to the floor

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8 Week Seniors Fitness Program – Week 5

Walk 3 days

- 5 minute light effort walking warm up
- 25 minute brisk, moderate-effort walk (incorporate 2 flights of stairs to this part of the workout)
- 5-7 minute light effort cool down

Add the seniors stretch routine to your cool down when possible.



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DAY 2 EXERCISE INSTRUCTIONS



Chair Dip – 3 sets of 10 reps

- Sit in a sturdy chair with armrests
- Keep feet flat on floor, shoulder-width apart
- Lean slightly forward, keeping your back and shoulders straight
- Grasp arms of chair and breathe in
- Breathe out and use your arms to push your body slowly off the chair
- Hold for 1-2 seconds
- Slowly lower back down into chair



Leg Balance

- Stand on one foot and use a chair for balance
- Hold position for 10 seconds 3 times, each leg



Bicep Curls with Weight – 3 sets of 10 reps

- Hold weight in hand at your side with palm facing inward
- Bend your elbow while rotating
- Hold your palm upward
- Hold for 1-2 seconds
- Slowly lower back to start position



Side Leg Raise with Band – 3 sets of 10 reps, each leg

- Attach one end of band around a table leg and the other around your ankle
- Stand using a chair to balance
- Slowly lift one leg out to the side
- Keep your back straight and facing forward
- Keep your standing leg slightly bent
- Hold for 2-3 seconds
- Slowly lower leg back down

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8 Week Seniors Fitness Program – Week 6

Walk 3 days

- 5 minute light effort walking warm up
- 25 minute brisk, moderate-effort walk (incorporate 2 flights of stairs to this part of the workout)
- 5-7 minute light effort cool down

Add the seniors stretch routine to your cool down when possible.



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DAY 1 EXERCISE INSTRUCTIONS



Heal-to-toe Walk – 3 sets of 20 steps

- Position the heel of one foot just in front of the toes of the other foot
Your heels and toes should touch or almost touch
- Choose a spot ahead of you to focus on to keep you steady as you walk
- Take a step. Put your heel just in front of the toe of your other foot



Partial Sit to Stand – 3 sets of 10 reps

- Begin by standing with a chair behind you, your knees just in front of the seat
- Lean forwards as you bend your knees and lower yourself towards the chair as if attempting to sit
- Before you touch the chair, pause for 1-2 seconds and then stand up again



Step Downs – 3 sets

- Stand on landing at bottom of stairs
- Hold railing for support if needed
- Step up with right foot followed by the left foot
- Step down with right foot followed by the left foot
- Repeat this 10 times with one foot leading then switch to the other foot.



Single Leg Step Up – 3 sets of 10 reps, each leg

- Stand on landing at bottom of stairs
- Hold railing for support if needed
- Step up with one leg
- Hold for 1-2 seconds
- Slowly lower back down



Reverse Straight Leg Raise – 3 sets of 10 reps, each leg

- Lie on back and tighten your abdominal muscles
- Bring one knee toward your chest
- Keep other leg straight on the floor
- Straighten the bent leg and slowly lower it to the floor

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8 Week Seniors Fitness Program – Week 6

Walk 3 days

- 5 minute light effort walking warm up
- 25 minute brisk, moderate-effort walk (incorporate 2 flights of stairs to this part of the workout)
- 5-7 minute light effort cool down

Add the seniors stretch routine to your cool down when possible.



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DAY 2 EXERCISE INSTRUCTIONS



Bent Knee Raise – 3 sets of 10 reps

- Lie on back with knees bent
- Tighten abdominal muscles, think of your belly button pressing into your spine
- Lift your knees ONE AT A TIME toward your chest
- Hold for 5 seconds
- Return both legs to the floor

Tips: 1. Don't over-bend your knee joint 2. Place palms on the floor/bed for support



Wall Push-ups – 3 sets of 10 reps

- Face wall, standing a little more than arms' length away and with feet shoulder-width apart
- Lean your body forward with your palms on the wall about shoulder width apart
- Slowly bend your elbows and lower your upper body toward the wall
- Hold for 1-2 seconds
- Slowly return to start position

Note: Try to keep your abdominal muscles tight to keep your hips from sagging forward. You can adjust the difficulty by moving your feet closer to or further from the wall.



Wall Squats – 3 sets of 10 reps

- Stand with feet shoulder width apart and lean backward so back is against wall
- Slowly bend your knees to lower your back down the wall
- Only go as far as is comfortable and pain-free
- Hold for 2-3 seconds
- Return to start position



Overhead Press – 2 sets of 10 reps

- Sit in chair with feet flat on floor, shoulder width apart
- Hold weights at your sides at shoulder height with palms facing forward
- Raise both arms up over your head, keeping a slight bend in elbows
- DO NOT lock your elbows at the top
- Hold for 2 seconds
- Slowly lower arms



Side Shoulder Raises – 3 sets of 10 reps

- Sit in chair with feet flat on floor, shoulder width apart
- Don't use weights – we will progress to weight later
- Slowly raise both arms out to your side until you reach shoulder height
- Hold for 1-2 seconds
- Slowly bring arms back down to sides

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8 Week Seniors Fitness Program – Week 7

Walk 4 days

- 5 minute light effort walking warm up
 - 25 minute brisk, moderate-effort walk (incorporate 2 flights of stairs to this part of the workout)
 - 5-7 minute light effort cool down
- Add the seniors stretch routine to your cool down when possible.



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DAY 1 EXERCISE INSTRUCTIONS



Heel-to-toe Walk – 3 sets of 20 steps

- Position the heel of one foot just in front of the toes of the other foot. Your heels and toes should touch or almost touch
- Choose a spot ahead of you to focus on to keep you steady as you walk
- Take a step. Put your heel just in front of the toe of your other foot.



Partial Sit to Stand – 3 sets of 10 reps

- Begin by standing with a chair behind you, your knees just in front of the seat
- Lean forwards as you bend your knees and lower yourself towards the chair as if attempting to sit
- Before you touch the chair, pause for 1-2 seconds and then stand up again



High Chair Stands – 3 sets of 10 steps

- Start sitting on the chair with feet flat on ground, shoulder-width apart
 - Place pillows and/or books on the chair to bring seat higher
 - Stand up from seated position with arms cross over chest
- Note: If this is too difficult, try extending your arms in front of you. If this is still too difficult, try using your hands on your thighs to help push you up*



Step Downs – 3 sets

- Stand on landing at bottom of stairs
- Hold railing for support if needed
- Step up with right foot followed by the left foot
- Step down with right foot followed by the left foot
- Repeat this 10 times with one foot leading then switch to the other foot.



Chair Lean Backs with Leg Raise – 3 sets of 10 reps

- Sit near front of chair with arms across chest
- Straighten one leg out in front of you
- Tighten your abdominal muscles
- Slowly lean back to a comfortable angle, where you feel your muscles working, but are not in any pain or discomfort
- Slowly come back to the start position

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8 Week Seniors Fitness Program – Week 7

DAY 2 EXERCISE INSTRUCTIONS



Bent Knee Raise – 3 sets of 10 reps

- Lie on back with knees bent
- Tighten abdominal muscles, think of your belly button pressing into your spine
- Lift your knees ONE AT A TIME toward your chest
- Hold for 5 seconds
- Return both legs to the floor

Tips: 1. Don't over-bend your knee joint 2. Place palms on the floor/bed for support



Chair Dips – 3 sets of 10 reps

- Sit in a sturdy chair with armrests
- Keep feet flat on floor, shoulder-width apart
- Lean slightly forward, keeping your back and shoulders straight
- Grasp arms of chair and breathe in
- Breathe out and use your arms to push your body slowly off the chair
- Hold for 1-2 seconds
- Slowly lower back down into chair



Wall Push-ups – 3 sets of 10 reps

- Face wall, standing a little more than arms' length away and with feet shoulder-width apart
- Lean your body forward with your palms on the wall about shoulder width apart
- Slowly bend your elbows and lower your upper body toward the wall
- Hold for 1-2 seconds
- Slowly return to start position

Try to keep your abdominal muscles tight to keep your hips from sagging forward. You can adjust the difficulty by moving your feet closer to or further from the wall.



Leg Extension with Band – 3 sets of 10 reps, each leg

- Attach one end of the band around a table leg and the other around your ankle
- Stand using a chair to balance
- Slowly lift one leg back behind you
- Keep your back straight and facing forward
- Keep your standing leg slightly bent
- Hold for 2-3 seconds
- Slowly lower leg back down



Single Leg Calf Raise - 3 sets of 10 reps, each leg

- Stand with feet shoulder width apart using a chair to balance
- Lift one foot slightly off the floor
- Using your supporting leg, slowly raise onto your toes
- Hold for 2 seconds
- Slowly lower heel to floor

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8 Week Seniors Fitness Program – Week 8

Walk 4 days

- 5 minute light effort walking warm up
- 30 minute brisk, moderate-effort walk (incorporate 2 flights of stairs to this part of the workout)
- 5-7 minute light effort cool down

Add the seniors stretch routine to your cool down when possible.



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DAY 1 EXERCISE INSTRUCTIONS



Bent Knee Raise – 3 sets of 10 reps

- Lie on back with knees bent
- Tighten abdominal muscles, think of your belly button pressing into your spine
- Lift your knees ONE AT A TIME toward your chest
- Hold for 5 seconds
- Return both legs to the floor

Tips: 1. Don't over-bend your knee joint 2. Place palms on the floor/bed for support



Step Down Taps – 3 sets of 10 reps, each leg

- Stand on the last step facing down the stairs
- Lower one leg as if you are going down the stairs
- Touch your heel to the landing and then come back up



Wall Squats with Towel Squeeze – 3 sets of 10 steps

- Stand with feet shoulder width apart and lean backward so back is against wall
- Squeeze towel with knees
- Slowly bend your knees to lower your back down the wall
- Only go as far as is comfortable and pain-free
- Hold for 2-3 seconds
- Return to start position



High Chair Stands – 3 sets of 10 reps

- Start sitting on chair with feet flat on ground, shoulder-width apart
- Place pillows and/or books on chair to bring seat higher
- Stand up from seated position with arms cross over chest

Note: If this is too difficult, try extending your arms in front of you. If this is still too difficult, try using your hands on your thighs to help push you up



Side Leg Raise with Band – 3 sets of 10 reps

- Attach one end of band around a table leg and the other around your ankle
- Stand using a chair to balance
- Slowly lift one leg out to the side
- Keep your back straight and facing forward
- Keep your standing leg slightly bent
- Hold for 2-3 seconds • Slowly lower leg back down

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Health



8 Week Seniors Fitness Program – Week 8

DAY 2 EXERCISE INSTRUCTIONS



Chair Lean Backs with Leg Raise – 3 sets of 10 reps

- Sit near front of chair with arms across chest
- Straighten one leg out in front of you
- Tighten your abdominal muscles
- Slowly lean back to a comfortable angle, where you feel your muscles working, but are not in any pain or discomfort
- Slowly come back to the start position



Chair Dips – 3 sets of 10 reps

- Sit in a sturdy chair with armrests
- Keep feet flat on floor, shoulder-width apart
- Lean slightly forward, keeping your back and shoulders straight
- Grasp arms of chair and breathe in
- Breathe out and use your arms to push your body slowly off the chair
- Hold for 1-2 seconds
- Slowly lower back down into chair



Bicep Curls with Weights - 3 sets of 10 reps

- Hold weight in hand at your side,
- With palm facing inward
- Bend your elbow while rotating
- Hold your palm upward
- Hold for 1-2 seconds
- Slowly lower back to start position



Wall Push-ups – 3 sets of 10 reps

- Face wall, standing a little more than arms' length away and with feet shoulder-width apart
- Lean your body forward with your palms on the wall about shoulder width apart
- Slowly bend your elbows and lower your upper body toward the wall
- Hold for 1-2 seconds
- Slowly return to start position

Note: Try to keep your abdominal muscles tight to keep your hips from sagging forward. You can adjust the difficulty by moving your feet closer to or further from the wall.



Single Leg Calf Raise - 3 sets of 10 reps, each leg

- Stand with feet shoulder width apart using a chair to balance
- Lift one foot slightly off the floor
- Using your supporting leg, slowly raise onto your toes
- Hold for 2 seconds
- Slowly lower heel to floor

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STRETCH ROUTINE



BACK STRETCHES



Back Extensions Hold for about 10 seconds Repeat 2-3 times

- Stand with feet shoulder width apart
- Place hands on your hips with palms against your bottom
- Arch your spine backward until you feel a stretch, but no discomfort



Back Flexion Hold for 20-30 seconds Repeat 2-3 times

- Sit in chair with feet shoulder width apart
- Slowly bend forward from your hips, keeping your back and neck straight
- Start to relax your neck and bend farther by sliding your hands down your legs toward your ankles
- Stop when you feel a stretch, but no discomfort



Back Rotation Hold for 20-30 seconds Repeat 2-3 times, each side

- Sit in chair with feet shoulder width apart
- Slowly twist to one side from your waist without moving your hips
- Turn your head to the same side
- Use the arms of the chair to help deepen the stretch if you do not feel a stretch yet



Upper Back Hold for 20-30 seconds Repeat 2-3 time

- Sit in chair with feet shoulder width apart
- Hold arms in front of you at shoulder height with palms facing outward
- Relax your shoulders, keep upper body still, and reach forward with your hands
- Stop and hold when you feel a stretch

CHEST & UPPER BODY STRETCHES



Chest Hold 20-30 seconds Repeat 2-3 times

- Keep feet on floor, shoulder width apart
- Hold arms at side at shoulder height, with palms facing forward
- Slowly move your arms back, squeezing your shoulder blades until you feel a stretch

Hint: You can do this stretch in a corner or a doorway to deepen the stretch

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STRETCH ROUTINE

CHEST & UPPER BODY STRETCHES



Arm Circles

Repeat as often as needed

- Sit comfortably in chair with feet shoulder width apart, or cross-legged on the floor
- Place fingertips on your shoulders
- Circle your shoulders 15 times forwards
- Then circle them 15 times backwards



Upper Body Hold for 20-30 seconds

Repeat 2-3 times

- Stand facing a wall slightly farther than arm's length from the wall, feet shoulder width apart
- Lean your body forward and put your palms flat against the wall at shoulder height and shoulder width apart
- Keeping your back straight, slowly walk your hands up the wall until you feel a stretch



Shoulder and Upper Arm Hold for 20 seconds

Repeat 2-3 time

- Stand with feet shoulder width apart and hold end of towel in one hand
- Raise and bend that arm to drape the towel down your back
- Reach behind your lower back with the opposite hand to grasp the other end of the towel with this hand
- Pull with your bottom hand to feel a stretch in the other arm



Neck Rotation Hold for 20-30 seconds

Repeat 2-3 times, each side

- Sit or stand with feet shoulder width apart
 - Slowly turn your head to one side, as if you are shoulder-checking, until you feel a stretch
 - Be careful not to tip or tilt your head forward or backward
- Note: you can apply light pressure to your cheek to deepen the stretch



Smelly Armpit Hold for 20-30 seconds

Repeat 2-3 times, each side

- Sit or stand with feet shoulder width apart
 - Slowly rotate your head forward and to one side, as if smelling your arm pit
 - Be careful not to slouch forward with your back
- Note: you can apply light pressure to back of head to deepen the stretch



Ear-to-Shoulder Hold for 20-30 seconds

Repeat 2-3 times, each side

- Sit or stand with feet shoulder width apart
 - Slowly tilt your head to one side, as if bringing your ear to your shoulder
 - Be careful not to tilt your body as well. You can hold the bottom of your seat to help prevent this.
- Note: you can apply light pressure to the opposite side of your head to deepen the stretch

STRETCH ROUTINE

LOWER BODY STRETCHES



Lower Back (Knees to side) Hold for 20-30 seconds
Repeat 2-3 times, each side

- Lie on your back with your legs together, knees bent and feet flat on floor/bed
- Keeping knees bent and together, slowly lower both legs to one side as far as comfortable and so you feel a stretch



Hip Opener Hold for 20-30 seconds
Repeat 2-3 times, each side

- Lie on back with your legs together, knees bent, and feet flat on the floor/bed try to keep shoulders on floor throughout the stretch
- Slowly lower one knee out to the side as far as you comfortably can
- Keep your feet close together and try not to move the other leg



Hamstring Stretch Hold for 20-30 seconds
Repeat 2-3 times, each leg

- Sit sideways on a bench or other hard surface
- Keeping back straight, stretch one leg out on the bench, toes pointing up
- Keep other foot flat on the floor
- Lean forward until you feel a stretch



Hang 10 Hold for 20-30 seconds
Repeat 2-3 times

- Stand on bottom step with heels hanging over the edge
- Hold onto railing for support
- Slowly lower your heels further off the step so you feel a stretch



Ankle Stretch Hold for 20-30 seconds
Repeat 2-3 sides, each side

- Sit on front edge of chair
- Bring one foot under the chair
- Gently push down on your foot until a stretch is felt

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Executive Director Dr. Haidong Liang is the author and project lead for this Seniors Helping Seniors Toolkit. He is an exercise specialist and gerontologist who has studied and served seniors since 2002.

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