



**Strength & Conditioning for Seniors**



**EXERCISE  
ETC. INC.**

**Where is it written....**



- That exercise sessions must last one hour?
- That machines are “better” for seniors than free weight or body weight?
- That you must work left and right sides equally?
- That core work must be done on the floor?
- That results progress in a predictable pattern?

*It's time to re-imagine training for seniors.*

**REMINDER**

Obtain medical clearance and physician's release prior to beginning an exercise program for clients with medical or orthopedic concerns.

**Strength, Power, Agility, Quickness**


- **Strength:**
  - Getting clothes in & out of washer; getting groceries in, taking garbage out.
- **Power:**
  - Picking up laundry basket or grandchild; carrying bucket of cat litter or bag of dog food.
- **Agility:**
  - Maneuvering a shopping cart; walking through mall or airport.
- **Quickness:**
  - Rushing to answer the phone; hurrying to stove before a pot boils over.

**Practical Applications for S&C Programs**

Exercise	Functional Activity
<b>Squat</b>	<i>Getting out of a chair, off of toilet</i>
<b>Lunge</b>	<i>Getting out of bathtub</i>
<b>Deadlift</b>	<i>Picking up laundry basket or a child</i>
<b>Push</b>	<i>Pushing a lawnmower or revolving door</i>
<b>Pull</b>	<i>Raking leaves, removing clothes from dryer</i>
<b>Rotate</b>	<i>Shoveling snow, grabbing purse from backseat</i>

**Some general suggestions...**

- Monitor for fatigue & breathlessness
- Avoid exercises with elbows above shoulders
- Avoid rotation and hyperextension of lumbar spine
- Avoid extreme knee flexion
- Avoid major impact exercises
- Avoid floor exercises
- Provide support (chair, table, barre) as needed



### Squat Compensations

- Knees falling in/valgus position
- Add a band to force Glute Med to fire 1st
- Excessive forward leaning
- Use monster bands to "exaggerate the compensation."



### Squat Correction- Bottom Up Method



### Integrated Training



### Assisted Eccentric Squats



### Lunge Compensations

- Cannot complete full ROM
- Internal rotation of the femur with over pronation of the foot
- Excessive lateral sway
- Rounding the back



### Teaching the Deadlift

- Start against a wall, with wide stance, heels 6"- 8" away from wall.
- Execute a 30 degree hip hinge, so that you "kiss" the wall with your backside.
- Keep spine neutral, including cervical spine.
- When form is perfect, execute the move with knee flexion so finger tips can touch the floor.
- When form is perfect, add resistance.



**Band Resisted "Good Morning"**



**Monster Band Squats, Deadlifts**



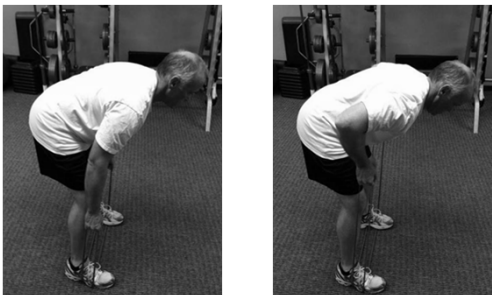
**Monster Walks**



**Seated Ab/Adduction**



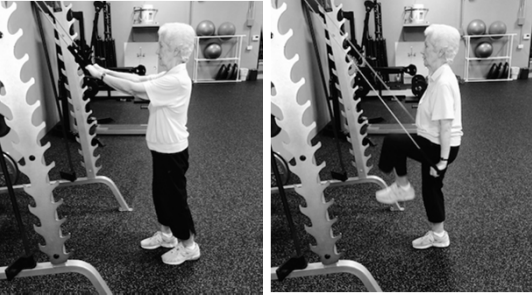
**Monster Band Upper Body Exercises:  
Bent Over Row**



**High Pull, Chest Press**



### Standing Lat Sweep with Core Activation

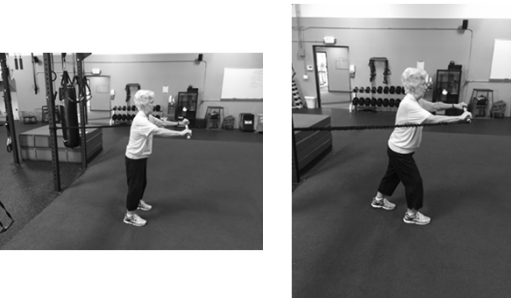


### Integrating, Upper Body, Lower Body & Core

- The “rip” trainer
- Extremely portable and versatile.
- Progress to dynamic exercises with asymmetrical load
- Use to enhance power development in rotational movements
- Progress to high intensity training circuits



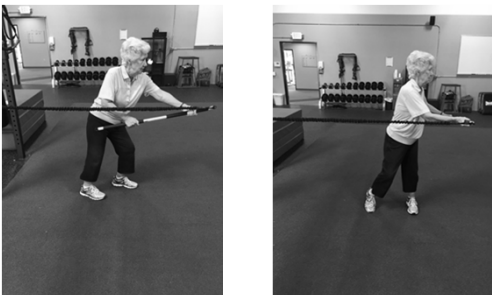
### Chest Press, Chest Press with Step



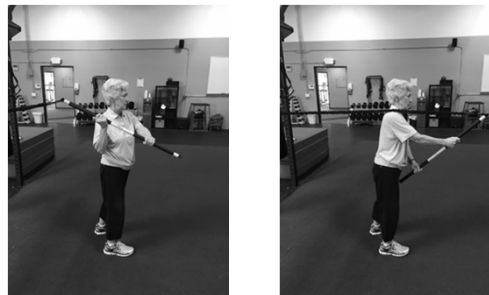
### Rowing, “Kayaking”



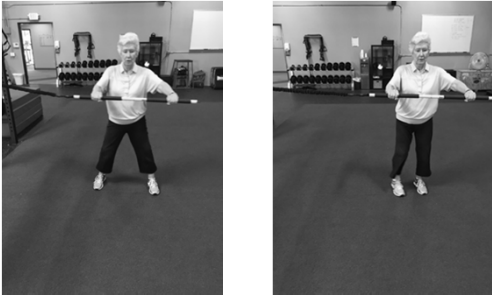
### Lunge with “Bayonette” Hip Rotation



### The Axe Chop, The Pitchfork



### Side Shuffle with Jab



### Battle Ropes for Seniors: Use 3/8" Nylon rope; 10 – 20' lengths

- Try these too:
  - Jacks
  - In & outs
  - "Jump Rope"
  - Double Dutch



### Battling Rope Drills: Slams



### Rope Waves



### Jump Rope



### Stability Ball Waves

