

## A Dozen Practical Exercises for Seniors

EXERCISE  
ETC. INC.



## Feed the Exercise: Nutrient Timing For Seniors



- Elderly digest and absorb protein slower
- Pre-workout: Complex carbs
- Pre-workout: Consider caffeine or cocoa
- Immediate feeding post workout is more beneficial: simple carbs plus protein

## Active Seniors & Protein Intake



- Total caloric intake tends to decrease with age
- While calories decrease need for micronutrients do not
- Post- resistance training the elderly needed to consume 50 grams of protein to absorb what a younger person could with 20.
- Emerging trend: Protein should make up 15-20% of daily caloric intake

## Preventing Dehydration

- Drink 64 ounces of fluid per day
  - Dehydration mimics the symptoms of dementia
- Tests show that people consume more water when it is flavored



## Causes of Dehydration:

*Increases Fall Risk, Decreases Cognition*

- Illness:
  - Especially vomiting, diarrhea
- Alcohol
- High sodium diet
- Insufficient water intake
- Getting overheated
- Medications

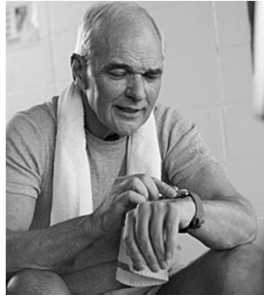


## Twelve Signs of Dehydration

- |                       |                       |
|-----------------------|-----------------------|
| • Constant fatigue    | • Always feeling hot  |
| • Dizziness/Confusion | • Dark yellow urine   |
| • Muscle cramps       | • Constipation        |
| • Rapid heart rate    | • Constant thirst     |
| • Light-headedness    | • Dry eyes, dry mouth |
| • Constant thirst     | • Inelastic skin      |

### "No Time" to Work Out?

- One of the biggest barriers to participate in exercise is no time.
- Many assume that if you can't exercise for 60 minutes it's not worth it
- But -- Something is better than nothing & less may well be more!



### Why Use Shorter Workouts?

- Improve mobility and range of motion
- Increasing frequency
- Travel workouts
- Perfecting movements
- Add intensity

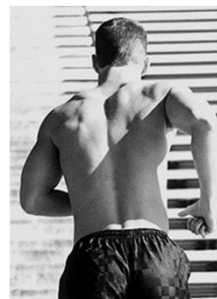


### Minimum Effective Dosage



- If "exercise is medicine" is it possible to over- or under-dose?
- What is the least amount of effort that will yield results?

### Program Considerations



- With increased intensity comes increased risk of injury; proper screening and assessment is vital
- Client must have a baseline of fitness PLUS high level or motivation
- Proper progression is vital; progression is not always a linear ascent
- If outdoors, factor in environmental factors

### Three Vital Program Design Tips



- Allow for an appropriate warm up; insufficient warm-ups limit intensity
- Allow for sufficient rest between work intervals; incomplete or inadequate rest limits the peak intensity of the subsequent intervals
- Encourage proper nutrition & hydration before, during and after the workout.

### A Dozen Practical Exercises for Seniors

10 sec 1-legged stands	Chair Squat
TVA activator with Kegel	Deadlift
Pallof press	Walking lunges
Med ball slams	Clock lunges
Horizontal row	Lateral shuffles
Decline chest press	Toe scrunch

### The Best Resistance Equipment for Seniors

Body weight
Elastic tubing
Kettlebells
Med balls
Cable machines
Slosh pipes, sand bags



### Strength & Conditioning for Seniors: Try an Exercise Complex

- A complex is a series of complementary exercises performed sequentially with minimal rest between sets.
- You can design a complex around a:
  - Piece of equipment (monster band)
  - Body part (hips and thighs)
  - Movement (squat)
  - Fitness goal (fall prevention)



### Benefits of Exercise Complexes



- Ease of set-up
- Minimal equipment needs
- Excellent time management
- Adaptable for individual clients or groups
- Puts less stress and repetitive stress on older joints
- Targets different sections of the muscle
- Metabolic conditioning effect

### Equipment? Location?



- Use whatever you have on hand:
  - Body weight, elastic resistance
  - Dumbbells or kettlebells
  - Med balls, slosh pipes, sand bags, buckets
  - Chairs, tables
- Use complexes in boot camp, 1 on 1 training, group fitness classes
- They are suitable in both gym and non-gym environments

### How To Use Complexes

1. Use in place of cardio for interval training
2. Use as a conditioning tool for functional training
3. Use as a quick workout when time is an issue
4. Teach your client to do these solo on “off” days or while traveling
5. Use to finish off your normal workout routine
6. Great way to alleviate boredom
7. These are routines your client would never think of on their own

### Program Design Recommendations

- Order exercises in a logical manner
- Exercises should seamlessly flow into each other for easy and quick transition
  - Can't waste time setting up next activity or hunting for equipment
  - No mindless small talk between sets or rounds
- Rep range depends on goals but due to intensity of complexes stick to 6-12 reps and 2-6 sets.
- Use weight that is appropriate for the weakest exercise.
- Only use exercises you are familiar with.
- Rest as appropriate between sets.

### The Dynamic Warm Up Complex

Complete 1 – 3 rounds. Rest as needed. .

Exercise	Sets	Time
Fast walk	1	30 sec
Leg pendulums	1	30 sec
Arm pendulums	1	30 sec
Structured ball slams	1	60 sec

### Arm & Leg Pendulum



### Structured Ball Slams



### Chair Cardio Complex

Complete 1 – 3 rounds. Rest as needed.

Exercise	Sets	Time
Mountain climbers	1	30 seconds
Squat thrusts	1	30 seconds
Jumping jacks	1	30 seconds
Burpees	1	30 seconds

### Chair Squat Thrusts, Burpees



### Chair Mt. Climber, Chair Jacks



### Cardio Core Complex

No rest between sets, 30 seconds rest between rounds.  
Complete 1 – 3 rounds. Rest as needed.

Exercise	Sets	Time
Chair mountain climbers	1	30 seconds
Resisted MB slams	1	30 seconds
Farmer's walk (left side)	1	30 seconds
Resisted squat & toss	1	30 seconds
Farmer's walk (right side)	1	30 seconds
Resisted MB chest pass	1	30 seconds

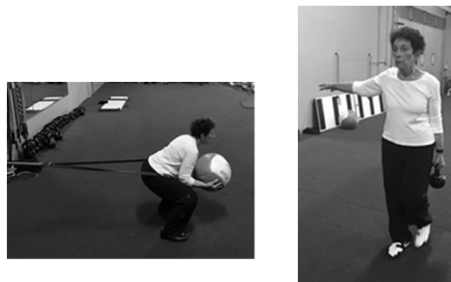
### Chair Mt. Climber, Chair Jacks



### Band Resisted Slams



### Squat & Toss; Unilateral Farmer's Walk



### Agility Complex

Complete 1 – 3 rounds. Rest as needed.

Exercise	Sets	Time
Box drill	1	60 sec
Forward ladder drill	1	60 sec
Senior twister	1	60 sec
Lateral ladder drill	1	60 sec
"Herding cats"	1	60 sec

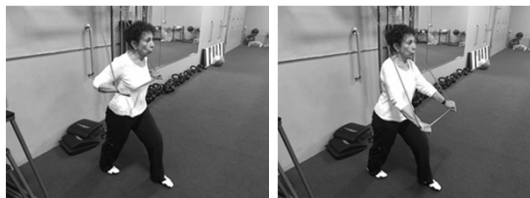
### Herding Cats



**Monster Band Pectoral Complex**

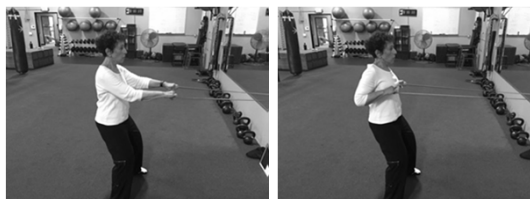
Complete 1 – 3 rounds. Rest as needed.

Exercise	Sets	Time
Tubing horizontal chest press	1	30
Tubing incline press	1	30
Tubing decline press	1	30
Tubing flye (each side)	1	30
Wall Med Ball Push-ups	1	30

**Monsterband Decline Press****Monster Band Back Complex**

Complete 1 – 3 rounds. Rest as needed.

Exercise	Sets	Time
Standing horizontal row	1	30
Standing lat sweep	1	30
Bent over row	1	30
Standing upright row	1	30

**Monsterband Row****Deconstructed Burpee Complex**

Complete 1 – 3 rounds. Rest as needed.

Exercise	Sets	Time
Chair squat thrust	1	30 sec
Chair push-ups	1	30 sec
Squat to heel lift	1	30 sec
Full burpees	1	30 sec

**Lower Body Complex**

Complete 1 – 3 rounds. Rest as needed.

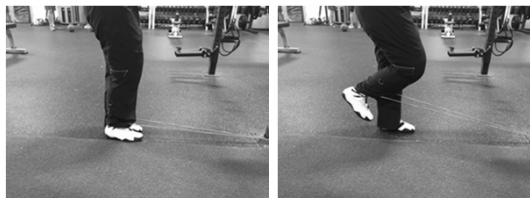
Exercise	Sets	Reps
Walking lunges	1	30 sec
Monster band deadlift	1	30 sec
Chair squats	1	30 sec
Band resisted hip extension	1	30 sec
Donkey kicks, alt legs	1	30 sec
Lateral monster walks, each side	1	30 sec

### Fall Prevention Complex #1

Complete 1 – 3 rounds. Rest as needed.

Exercise	Sets	Time
Toe Scrunches	1	30 sec
Heel lifts	1	30 sec
Chair squats	1	30 sec
Walking lunges	1	30 sec
Hamstring curls	1	30 sec

### Standing Hamstring Curls



### Fall Prevention Complex #2

Complete 1 – 3 rounds. Rest as needed.

Exercise	Sets	Time
Rolled up yoga mat	1	30 sec
Airex pad	1	30 sec
Balance disc	1	30 sec
Bosu ball (dome side up)	1	30 sec
Wobble board	1	30 sec

Start just by standing on each object. Progress to challenges such as playing catch, batting a balloon; controlled pushes and pulls or 1-legged stands.

### Fall Prevention Complex



### “Just for Fun” Complex

Complete 1 – 3 rounds. Rest as needed.

Exercise	Sets	Time
Cup catching	1	60 sec
Beer pong	1	60 sec
Balloon ping-pong	1	60 sec
Senior twister	1	60 sec
“Fetch”	1	60 sec

### Cup Catching Drills

*For balance, core strength, hand /eye coordination, weight shifting.*

- Bounce a tennis ball on the floor, catch it in the cup.
- Bounce the tennis ball two or three times, catch on last bounce.
- Throw ball against wall & catch in the cup



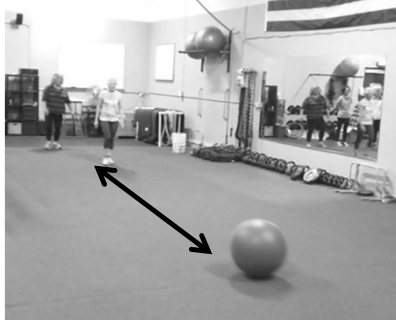
### ***Beer Pong, Balloon Ping-pong***



### **Senior Twister: “Right Foot Purple, Left Foot Green!”**



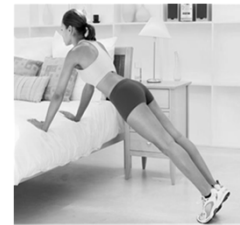
### **“Fetch”!**



### **“Microburst Workouts”**

High intensity, short duration & very effective

- More effective time management
  - For busy executives
  - While traveling
  - Any time when time is limited
- Burn fat more effectively
- Increase muscle development & bone health
- Improve athletic performance
- To situationally add intensity



### **4-Minute Complex**

Complete 2 rounds. Rest as needed.

Exercise	Work	Rest
Chair squat	20 secs	10 secs
Wall push-up	20 secs	10 secs
Walking lunge	20 secs	10 secs
Monster band horizontal row	20 secs	10 secs

As client progresses, eliminate exercises one at a time until eventually they do the whole 4 minutes of just one exercise.

### **7 Minute Challenge Complex**

Complete 2 rounds. Rest as needed.

Exercise	Sets	Time
Low impact jumping jacks	1	30
Wall sit	1	30
High march in place	1	30
Monster band chest press	1	30
Walking lunges	1	30
Monster band upright row	1	30
Chair mountain climber	1	30



### 10 Minute Challenge Complex

Complete 2 round. Rest as needed.

Exercise	Sets	Time
Chair mountain climber	1	30
Med ball slam	1	30
Chair jacks	1	30
Med ball side to side slam	1	30
Chair squat thrusts	1	30
Med ball squat & toss	1	30
Chair push-ups	1	30
Med ball chest pass	1	30
Chair burpee	1	30
Med ball toe tap	1	30

### Cool Down Complex

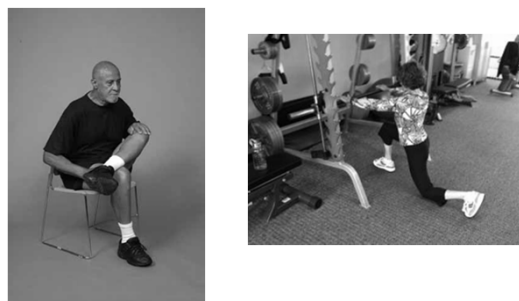
Complete 1 – 3 rounds. Rest as needed.

Exercise	Sets	Time
Anterior shoulder stretch	1	10 – 15 secs
Piriformis stretch	1	10 – 15 secs
Hip flexor stretch	1	10 – 15 secs
Glute / Hamstring stretch	1	10 – 15 secs
Calf stretch	1	10 – 15 secs
Dorsiflexor stretch	1	10 – 15 secs

### Anterior Deltoid Stretches



### Piriformis, Hip Flexor Stretches



### Glute/Hamstring Stretch



### Calf & Dorsiflexor Stretches

