

**Go easy at first.
Create your own**

Sr. Adults

Stretch

3 min

- Always stretch and warm up before you exercise
- Do not bounce
- No pain!
- *Feel* each stretch
- See Stretching Instructions, pp. 77-84

1
15 sec
p. 81



2
10 sec
p. 82



3
15 sec
each leg
p. 79



4
15 sec
each leg
p. 79



5
15 sec
p. 81



6
5 sec, 3 times
p. 82



7
5 sec, 2 times
p. 81



8
15 sec
p. 81



9
5 sec
each side
p. 84



10
10 sec
p. 79

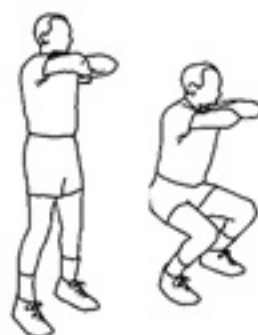


Lift

12 min

- Set = a fixed number of repetitions
- Rep = a repetition
- See Lifting Instructions, pp. 85-108

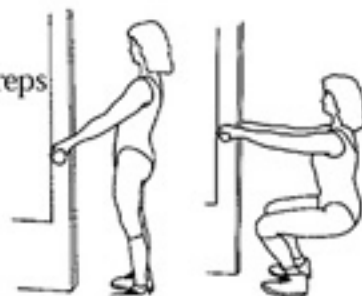
1
1 set
10-20 reps
p. 105



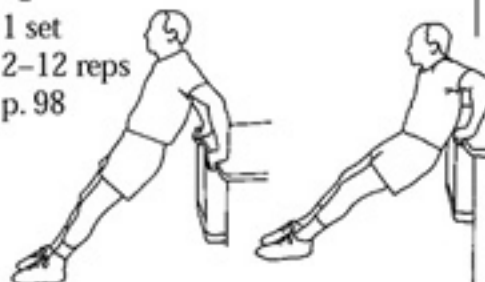
2
1 set
15-20 reps
p. 98



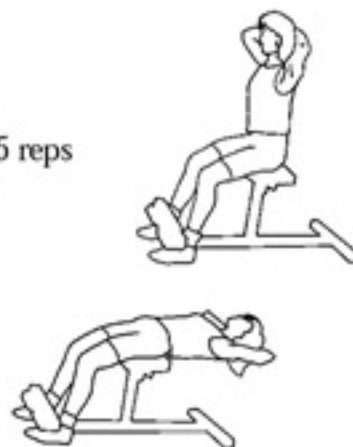
3
1 set
8-12 reps
p. 91



4
1 set
2-12 reps
p. 98



5
1 set
10-25 reps
p. 87



Move

10-20 min

- Do anything that gets your heart rate up
- See Moving Instructions, pp. 64-76



WALK
20 min

OR



WALK WITH WEIGHTS
15 min

OR

CLIMB STAIRS
3 times a day