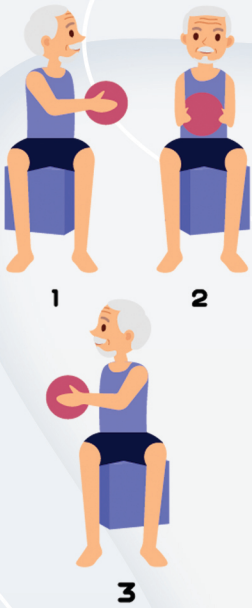


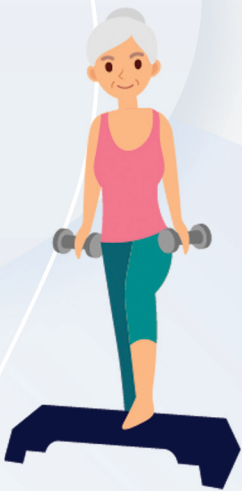


FUNCTIONAL EXERCISES FOR SENIORS



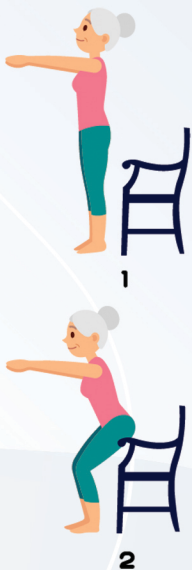
Tummy Twists

1. Start by sitting upright in a chair with your feet flat on the floor.
2. Hold a ball with your hands close to your stomach and elbows slightly bent.
3. Hold a ball with your hands close to your stomach and elbows slightly bent.
4. Return to the center and then repeat to the right.
5. As your leg drops, your right arm should extend over your head. Make sure your core stays engaged and hold for one count.
6. Do this until you finish 10 twists per side.



Stair Climbs

1. Stand in front of a stair or elevated platform. Use a rail for safety if needed.
2. Place your right foot on the step.
3. Using your leg muscles, make a controlled step-up motion without relying on the railing or hopping.
4. Step back down to the starting point.
5. Repeat with your left leg. Alternate legs for 10 reps.



Chair Squats

1. Stand in front of a sturdy chair with your feet shoulder-width apart.
2. Slowly lower yourself into the chair by bending your knees and leaning forward at the waist. If you need your arms out for balance, that is okay.
3. Return to standing by leaning forward, squeezing the glutes, and pushing through the heels.
4. Repeat for a total of 10 squats.



FUNCTIONAL EXERCISES FOR SENIORS



Wall Push-Ups

1. Stand 2-3 feet in front of a wall.
2. With your arms shoulder-width apart, reach out and place your hands chest-high on the wall.
3. Slowly bend your elbows and lower your chest to the wall.
4. Use your arms to push yourself back to a starting position.
5. Repeat to complete 10 reps.



Dumbbell Row

1. Hold a light to medium weight object in one hand.
2. Lean forward onto a table or countertop with your opposite arm for support.
3. As you squeeze your shoulder blade, pull the dumbbell back until your elbow is parallel with your body.
4. Slowly lower the dumbbell back down. Repeat 9 times and then switch arms.



Farmer's Carry

1. Stand up straight and hold a light object (dumbbell, soup can) in each hand.
2. Keeping your shoulders relaxed, tighten your abdominal muscles.
3. Paying attention to your posture and balance, begin slowly walking forward.
4. Repeat five times in a 30-second walk, 5-second rest pattern.



FUNCTIONAL EXERCISES FOR SENIORS

Multi-Directional Lunge



1. Stand on a firm surface with feet shoulder-width apart.
2. Step forward with your right foot as you slowly bend both knees and lower your body weight.
3. Return to start.
4. Step backward with your right foot as you slowly bend both knees and lower your body weight.
5. Return to start.
6. Now step to the side with your right foot and do a semi-squat with both legs.
7. Return to start. This is a full lunge. Repeat a few times with the first leg and then switch to the left leg.



Wobbly Bridge

1. Sit on the floor with your hands flat on the ground below your shoulders, knees bent, and feet flat on the ground.
2. With your arms straight, use your legs to push your hips up to the ceiling until you make a flat table with your torso.
3. Lift your right arm up toward the ceiling as you rotate your upper body so that your left arm is supporting it and your hips stay lifted.
4. Go back to your starting position except don't let your hips touch the floor all the way.
5. Repeat with your left arm. Then, do again for 10 reps.



Hop Step

1. Stand on your left leg and hold for 3-5 seconds until steady.
2. Hop to your right leg.
3. Get your balance for 3-5 seconds.
4. Repeat by starting from the other foot; this is one rep.
5. Do this for 10 reps.