



4

Best Strength Exercises For Seniors

WITH WORKOUT GUIDE

STORYPOINT GROUP

4 Best strengthening exercises for seniors.



Bicep Curls

Take a dumbbell in each hand and keep your arms down at each side. Then bend one arm at a time to bring the dumbbell toward your shoulders and repeat.



Wall Push-Ups

Start by placing your hands shoulder width apart against the wall. Mimic a standard push-up by bending your elbows, allowing your body to get closer to the wall without touching it. Then push to extend your elbows and repeat.



Squats

You start in a standing position and your feet shoulder-width apart. Then bend your knees into a squatting position, followed by returning to the standing position and repeating.



Toe Lifts

This exercise starts in a standing position with your hands placed on a chair in front of you for stability. You then go up on your tip toes then back down back down slowly and repeat.

BE CONSISTENT

1. Set Goals

Planning out your goals will motivate you to work harder to reach them.

SHORT-TERM GOALS	MID-TERM GOALS	LONG-TERM GOALS
What do you want to achieve in one month?	What do you want to achieve in 6 months?	What do you want to achieve in a year?
1. _____ 2. _____ 3. _____ 4. _____ 5. _____ 6. _____ 7. _____ 8. _____ 9. _____ 10. _____	1. _____ 2. _____ 3. _____ 4. _____ 5. _____ 6. _____ 7. _____ 8. _____ 9. _____ 10. _____	1. _____ 2. _____ 3. _____ 4. _____ 5. _____ 6. _____ 7. _____ 8. _____ 9. _____ 10. _____

BE CONSISTENT

2. Schedule A Workout

Schedule workout times. Establishing a routine will help keep you on track.

DAY	ACTIVITIES	TIME	REPS
DAY 1			
DAY 2			
DAY 3			
DAY 4			
DAY 5			
DAY 6			

NOTES

BE CONSISTENT

3. Log Progress

Logging progress can help ensure you are in alignment with your goals.

GOAL	STEPS TO TAKE	DEADLINE	STATUS

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Why is strength training important for seniors?



IMPROVE BONE STRENGTH

Fight the risk of arthritis and osteoporosis.



FIGHT THE RISK OF DISEASE

Decrease risk of heart disease and type 2 diabetes.



IMPROVE MENTAL HEALTH

Helps reduce depression and cognitive decline.