

# Age Defying Fitness

# Month 1

Workout time: 50 minutes maximum

Days per Week: 4 – 5

**Emphasis** - Cardiovascular fitness and coordination

**Directions** - Perform each exercise for one set, then follow with 2 minutes of light cardio of your choosing before continuing on to the next exercise.

**Warm Up** - Perform 5-10 minutes of cardio (i.e. walking or stationary bike)

## Cardio Program

Activity	Intensity	Duration	Comments
Stationary Bike	Low	5-10 minutes	Warm up
Walking	Low	5-10 minutes	Cool down
Either walking or biking	Moderate	2 minutes	Interval between exercises

## Exercise Program

### One Leg Balance

Set: 1

Duration: 1 minute



Stand on one leg with the knee slightly bent and hands on hips.

Reach the opposite leg to the front, then to the side, then diagonally back and out, without altering optimal alignment of the balancing leg. The knee must remain over the second and third toes.

Maintain optimal spinal alignment throughout the exercise.

### Double Arm Wall Squat

Set: 1

Duration: 1 minute



Face wall, place both hands shoulder height against the wall.

Soften knees.

Squat downward, gently pushing butt backwards.

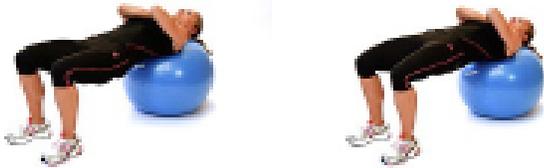
Keep heels on the ground.

Once you feel a gentle stretch in calves or lats, return to the starting position and repeat.

## **Bridge on Stability Ball-Raise and Lower Hips**

**Set: 1**

**Duration: 1 minute**



For proper alignment, it is important that the head be resting comfortably on the ball with the neck in a neutral position. Do not let the head drop backward or forward. Keep chin down, and the chest should be lifted.

Hips, knees, and ankles should be aligned.

Lower and lift the hips with control.

Keep the knees stacked over the ankles.

The ball should not move.

Think of pushing the hips toward the ceiling.

### **NO GYM EQUIPMENT**

Perform the exercise, in the same matter, on the ground or exercise mat without a stability ball.

## **Abdominal Crunch – Using Stability Ball**

**Set: 1**

**Duration: 1 minute**



Sit on the stability ball. Slowly lean back on the ball until it is in the small of the back. Be sure you are balanced when back is fully extended. Align feet directly under the knees.

Cross hands in front of chest and pull the ribs down toward the hips into torso flexion.

Avoid thrusting the body forward and also control your eccentric (lowering) movement.

The ball should not move during exercise.

The closer the buttocks are to the floor, the less load on the abs and more load on the quads for stabilization.

The further away the seat is from the floor, the more load is placed on the abs and less on the quads for stabilization. You can vary the degree of incline by repositioning the body.

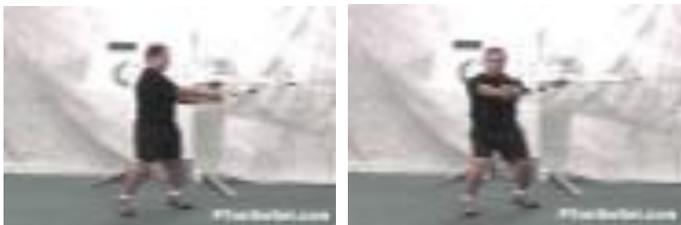
### **NO GYM EQUIPMENT**

Perform the exercise, in the same matter, on the ground or exercise mat without a stability ball.

## Plank – Standing Cable Hold

Set: 1

Duration: 1 minute



Maintain good posture with shoulder blades retracted and depressed and good stability through the abdominal complex.

Start with a light resistance as this exercise introduces torsion at each segment of the body.

Start with the feet shoulder width apart, feet pointing straight ahead.

Grip the handle with an interlocking hand position. Pull the cable to the center point of your body.

Shoulders should stay relaxed and the arms are extended straight ahead of the chest.

Repeat exercise using both hands.

### No Gym Equipment



### Plank

Set: 1

Duration: 1 minute

Assume a prone position on forearms elbows positioned under shoulders.

Draw your lower abdomen inward toward your spine.

Tighten buttocks and lift body up onto forearms.

While maintaining the abdominal draw-in contraction, hold optimal alignment for one minute.

Keep chin tucked in.

Reduce time if form is compromised. Form is more important than how long you hold the pose.

## Cobra

Set: 1

Duration: 1 minute



Maintain a tall body line throughout this exercise. Adjust the cable arms to the "high" position as shown.

Choose a light weight to start.

With the feet shoulder width apart, grab the opposite side cables with both hands.

Using the back of the hands to lead the action, pull arms backward and slightly out to your sides until straight.

Ensure that the weight is light and that both the arms and shoulder blades move throughout the exercise.

### NO GYM EQUIPMENT

Use a household item such as two full sized canned goods or gallon of water in place of a machine.

## Chest Press – One Arm

Set: 1

Duration: 1 minute



Start by standing in a squat or straddle stance.

Grasp press handle with one hand. Brace spine by drawing your lower abdomen in, maintain hip and foot positioning. Maintaining proper posture, start movement by pressing hand straight forward and across the midline of your body.

Allow the torso and hips to rotate slightly towards the pressing hand.

Check alignment and positioning and repeat press, alternating sets with other hand.

It is important not to let your back arch or flex at any time during the movement.

### **NO GYM EQUIPMENT**

Use a household item such as two full sized canned goods or gallon of water in place of a machine.

## Lat Pull Down

Set: 1

Duration: 1 minute



Adjust cable arms as shown.

Facing Cable Cross, stand in squat position, knees bent, maintaining good posture with arms outstretched.

Grasp handles. Brace spine by drawing in your lower abdomen.

Maintaining proper posture, start movement by pulling elbows into side of body as shown.

Check alignment and positioning and repeat press.

Squat deeper or adjust back from Cable Cross if weight stack touches at end range of motion.

## NO GYM EQUIPMENT (Many local parks have bars adequate to use as pull-up bars.)



### Pull-Ups

Grasp an overhead bar with your hands wider than shoulder width apart and assume an overhand grip. Lift your legs off the floor, bend your elbows, and pull yourself up until your chin reaches the bar. Lower to the straight-arm position, and repeat until you're fatigued. If you cannot do pull-ups on your own, use the assisted pullup machine at a gym, or have a partner hold your legs and assist with the movement.

## Shoulder Press – One arm

Set: 1

Duration: 1 minute



Stand in a straddle position opposing leg forward with knees slightly bent.

One elbow out to the side in line with shoulder, opposite hand resting at the side or on hip. Allow torso to rotate back slightly towards the pressing arm.

Using a neutral grip, align the wrist and hand of the pressing arm above the elbow.

Brace Spine by drawing your lower abdomen in.

Maintaining proper posture, start movement by pressing hand straight upward above the head, rotating slightly towards the opposite side.

Check alignment and positioning and repeat press, alternating sets with other hand.

It is important not to let your back arch at any time during the movement.

Keep body weight centered and feet flat on the floor to maintain balance and stability.

## NO GYM EQUIPMENT



### Standard Push-up

Get down on the hands and knees, positioning the hands a bit wider than the shoulders.

Push the knees up so that you're resting on the hands and toes. Keep the abs engaged and make sure your body is in a straight line from the head to the heels.

Bend the elbows, and lower into a push-up until your elbows are at 90 degrees.  
Press back to start and repeat 12-20 repetitions.

## Row – One Arm

Set: 1

Duration: 1 minute



Stand in a stable, staggered stance position.

Assume slight lunge position, maintaining good posture with one arm outstretched holding handle.

Brace spine by drawing in your lower abdomen.

Maintaining proper posture, start movement by pulling handle in neutral grip position toward the body, elbows tucked close to body. Pull cable back to your hip.

Check alignment and positioning and repeat pulling movement.

It is important keep good posture and not bend at the waist.

Keep feet flat on the floor to maintain balance and stability.

### **NO GYM EQUIPMENT**

Use a household item such as two full sized canned goods or gallon of water in place of a machine.

**Cool Down** - Perform 5-10 minutes of walking at a comfortable pace.