

Age Defying Fitness

Month 2

Workout time: 50 minutes maximum

Days per Week: 4 – 5

Emphasis - Cardiovascular fitness

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.

Standing Hip Adduction with Band

Set: 1

Duration: 1 minute



Make a loop at one end of the band and place it around your left ankle. Hold the other handle in your right hand. Stand with your right foot on the band with back straight, abs engaged, right hand on hips and knees soft. Lift your left leg off the floor just slightly, foot flexed.

Exhale: Keeping both legs straight, use the inner thigh to pull the left leg towards the midline of your body.

Inhale: Slowly return left leg to the side, returning to the start position to complete one rep.

Repeat for one minute with other leg.

Special Instructions: Keep abs in, knee on balancing leg soft, and eyes fixed on a focal point to help maintain balance. Do not lean to the side as you move.

Abdominal Oblique Curl on Stability Ball

Set: 1

Duration: 1 minute



Sit in an upright position on stability ball with feet flat on floor. Walk feet forward allowing stability ball to roll underneath body until it is positioned on lower to mid-back region. Raise hips slightly to create a “table top” position parallel to floor. Place hands behind head with elbows back and out of sight. Head should be in a neutral position with a space between chin and chest. Leading with the chin and chest towards the ceiling, contract the abdominals and raise your right shoulder up toward the ceiling. Return to the start position and repeat with the other shoulder. Remember to keep head and back in a neutral position. Hyperextension or flexion of either may cause injury.

Downward Diagonals with Tubing

Set: 1

Duration: 1 minute



Begin with one end of the tubing secured to the top of a door or sturdy object at your side. Take a wide stance and grasp the other end of the tubing above your shoulder by extending and rotating your trunk. Continue to look at the handles as you pull the tubing downward, rotating and bending your trunk, stretching the tubing across your body. Keep your elbows straight. Hold and slowly return.

Reverse Lunge

Set: 1

Duration: 1 minute



To begin, stand tall with your hands at your hips or overhead (pictured). Take a large and controlled step backward with your left foot. Lower your hips so that your right thigh (front leg) becomes parallel to the floor with your right knee positioned directly over your ankle. Your left knee should be bent at a 90-degree angle and pointing toward the floor with your left heel lifted. Return to standing by pressing your right heel into the floor and bringing your left leg forward to complete one rep. Alternate legs, and step back with right leg. Continue alternating for one minute.

Forward Lunge

Set: 1

Duration: 1 minute



With your chest lifted, chin up and abs contracted, take a big step forward with your left foot. Sink straight down so your front left knee aligns over the top of your shoe and your back right knee points down toward the floor. You are balancing on your back left toe. Push back to the starting position. Repeat exercise using the right leg. Keep alternating legs for one minute.

Lunge Twist with Medicine Ball

Set: 1

Duration: 1 minute



Stand with feet about shoulder width apart.

Hold a medicine ball (optional) in front of you with elbows bent about 90 degrees. Step forward with your left foot into a lunge position. Be sure to keep your knee over your left foot, do not twist at the knee.

From your torso, twist your upper body to the left. Return to starting position. Perform the motion on the opposite side.

Lateral Lunge with Bicep Curl

Set: 1

Duration: 1 minute



Holding a pair of dumbbells, stand with your feet and knees together. Perform a bicep curl by bending your elbows to bring the weights to your shoulders. Lower your arms toward the floor as you take a large step to the left with your left foot, lunging toward the floor. Make sure your left knee does not extend past your toes and keep your right leg relatively straight. As you push off through your left foot to return to standing, perform a bicep curl. Alternate legs for one minute.

Triceps Kickback

Set: 1

Duration: 1 minute



With a dumbbell in each hand and the palms facing your torso, bend your knees slightly and bring your torso forward, by bending at the waist, while keeping the back straight until it is almost parallel to the floor. Make sure that you keep the head up. The upper arms should be close to the torso and parallel to the floor while the forearms are pointing towards the floor as the hands hold the weights. **Tip:** There should be a 90-degree angle between the forearms and the upper arm. This is your starting position.

Keeping the upper arms stationary, use the triceps to lift the weights as you exhale until the forearms are parallel to the floor and the whole arms are extended. Like many other arm exercises, only the forearm moves.

After a second contraction at the top, slowly lower the dumbbells back to their starting position as you inhale. Repeat the movement for the prescribed amount of repetitions.

Dumbbell Chest Press using Stability Ball

Set: 1

Duration: 1 minute



Starting Position: Start from a seated position on the Stability ball. Slowly walk out until your head and shoulders are supported by the ball (not pictured). Your feet should be slightly further than hip width apart. Start with the dumbbells at a 90 degree angle at your elbow, palms facing away from your body.

Exhale, extend both arms up and in slowly above your chest, until the dumbbells touch each other. Inhale, slowly lower back to the starting position.

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.

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