

Age Defying Fitness

Month 3

Workout time: 50 minutes maximum

Days per Week: 4 – 5

Emphasis - Cardiovascular fitness.

Directions - Perform each exercise for one set, then follow with two 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

Jumping Jacks

Sets: 1

Duration: 1 minute



Stand upright with feet together and hands at your sides. Begin exercise by simultaneously raising your hands up above your head, while jumping up just enough to spread your feet about twice shoulder width apart. Immediately reverse movement back to starting position without pausing.

Side Plank

Sets: 1

Duration: 1 minute



Lie down with your left side on an exercise mat. Place your feet together on top of each other. Next, prop yourself up on your left elbow and forearm. Begin exercise by raising your hips so that your body forms a straight line from your ankles to your shoulders. Place your right hand on your right hip. Hold this position for three seconds then lower down and repeat on each side.

Dumbbell Chest Press using Stability Ball

Sets: 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.

Dumbbell French Press

Sets: 1

Duration: 1 minute



Pull your shoulder blades back and down, and raise your arms so that they extend in a straight line away from your torso and are parallel to the ground. Your elbows should be fully extended, and the dumbbells should be directly over your shoulders. Bend your elbows to slowly lower the dumbbells toward your forehead. Pause when the dumbbells are approximately next to your ears, then extend your elbows to raise the dumbbells to the original start position. Make sure that you keep your upper arms still and your elbows directly over the shoulders throughout the exercise. Your shoulders should not “flare” out to the side. Also, make sure that you don’t drop your hips at any time during the exercise.

Forward Lunge

Sets: 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.

Lateral Lunge with Bicep Curl

Sets: 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.

Lateral Raise using Stability Ball

Sets: 1

Duration: 1 minute



Sit on a stability ball with your feet hip width apart. Hold the dumbbells at your sides with your palms facing toward you. Keeping your arms straight, lift the dumbbells out and up to the sides until they are shoulder level. Do this movement in a slow and controlled fashion. Hold your arms in this raised position for a moment, then slowly lower them to your sides.

Deltoid Row using Stability Ball

Sets: 1

Duration: 1 minute



Place your chest on the ball with arms draped alongside the ball and legs extended out to the floor behind you. Grasp dumbbells in both hands. Keep your head in line with your spine and, with palms facing down, slowly raise arms straight out to the side of the ball. Pause at the top for a moment and slowly release arms back down.

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