

## Senior Fitness Program: Functional Exercises

Improve your balance and flexibility and strengthen the muscles you need for daily living activities. Choose 1-2 exercises from each category. Perform 1-3 sets with 8-12 repetitions. **(Note: Please consult your physician before beginning this or any other fitness program.)**

### Equipment Needed:

- Medicine ball or kettlebell (6-8 pounds)
- Stability ball
- Resistance band (light to medium intensity)
- Cones (2)

### Change in Center of Gravity Exercises

#### 1. Chair Squats:

Stand with feet shoulder width apart. Cross arms at chest or extend in front for counterbalance. Bend knees and lower body into chair until thighs are parallel to floor. Return to starting by pushing heels into floor and straightening legs. Throughout, keep feet flat on floor, core engaged, and back straight. While squatting, keep knees in line with ankles, not beyond toes.



#### 2. Stability Ball Wall Squats:

Perform same as chair squats, except stand with back to a wall. Place stability ball between back and wall for support. Lower until thighs are parallel to floor. Return to starting by pushing heels into floor and straightening legs.



#### 3. Kettlebell Goblet Squats:

Stand with feet shoulder width apart and hold kettlebell vertical in front of chest. Keep elbows close to ribcage and back straight while flexing knees and hips into squatting position. Continue lowering until thighs are parallel to floor, then push both feet into floor and extend knees and hip to return to standing.



***CONTINUED: Change in Center of Gravity Exercises***

**4. Height-adjusted Kettlebell Deadlifts:**

Stand with feet slightly more than shoulder width apart and rotated so toes point about 15 degrees outward. Maintain slight bend in knees. Hinge forward at hips, keeping spine straight as you push hips behind you. Grip kettlebell handle with both palms down and squeeze to maintain firm grip. To lift kettlebell, push feet into floor and extend knees and hips. Come up to tall, standing position with kettlebell resting on thighs around waist height.



**Pulling Exercises**

**1. Seated Band Rows:**

Secure resistance band to door or other secure location, place chair facing band, and sit. Hold one handle in each hand, flex elbows, and pull band toward waistline, while retracting shoulders. Slowly release tension by extending elbows to return to starting.



**2. Standing Band Rows:**

Secure resistance band to door or other secure location about chest height. Hold one handle in each hand with thumbs up and palms facing each other. Stand with feet hip width apart, hips straight, back tall, and knees slightly bent. Flex elbows and pull band toward waistline, while retracting shoulders. Slowly release tension by extending elbows to return to starting.



**Pushing Exercises**

**1. Wall Push-ups:**

Stand arm's length from wall with feet hip width apart. Place both hands on wall at chest height and shoulder width apart. Slowly flex elbows and lean torso close to wall. Keep back straight and elbows flexed at approximately 90 degrees. Slowly push torso away from wall by extending elbows, returning to starting.



***CONTINUED: Pushing Exercises***

**2. Box Push-ups:**

Stand arm's length from the box (or a stable chair) with the feet hip width apart. Place both hands on the box shoulder width apart. Slowly flex the elbows and lean torso close to the box. Keep the back straight and elbows flexed at approximately 90 degrees. Slowly push the torso away from the box by extending the elbows, returning to starting.



**3. Band Press:**

Secure resistance band to door or other secure location about chest height. Face away from band and hold one handle in each hand with palms down. Stand with feet hip width apart, hips straight, back tall, and knees slightly bent. Press band away while extending elbows. Slowly release tension by flexing elbows, returning to starting.



**Rotational Exercises**

**1. Medicine Ball Standing Chops:**

Stand with feet shoulder width apart. Hold medicine ball in both hands. Raise ball over and behind left shoulder. Rotate and lower ball to right and down at an angle, bringing it across body to side of right hip. Bring ball back across body and up to left starting position (performing wood chop movement). Perform equal sets/reps on right and left.



**2. Band Half-kneeling Chops:**

Assume half-kneeling position (one knee on floor) and attach resistance band handle overhead. Hold other band handle with both hands. Raise handle over and behind left shoulder. Rotate and lower handle to right and down at an angle, bringing it across body to side of right hip. Bring handle back across body and up to left starting position (performing wood chop movement). Perform equal sets/reps on right and left.



***CONTINUED: Rotational Exercises***

**3. Band Tall Kneeling Chops:**

Perform same as half-kneeling chops, except assume tall kneeling position (both knees on floor).



**Locomotion Exercises**

**1. Lateral Shuffle Cone Tap with Hand:**

Place two cones approximately 10 yards apart. Perform side-to-side shuffle from one cone to other. At each cone, reach down and tap with same hand on same cone (right hand for right cone), then shuffle to opposite cone and tap with other hand.



**2. Ipsilateral Foot Variation:**

At each cone, tap with same foot on same cone (right foot for right cone), then shuffle to opposite cone and tap with other foot.



**3. Contralateral Foot Variation:**

At each cone, tap with opposite foot as cone (right foot for left cone), then shuffle to opposite cone and tap with other foot.

