

Senior Fitness Full Body Resistance Workout

Warm Up

*30 seconds of each

*2 sets

1. High knees
2. Sit to stand (on chair)
3. Side steps

Workout

1. Sit to stand w/ weight (30 sec)



2. Chest Press (30 sec)



REPEAT both exercises

1. Deadlifts (30 sec)



2. Bicep Curls (30 sec)



REPEAT both exercises

1. Forward leg lifts (10 reps)



2. Side leg lifts (10 reps)



3. Back leg lifts (10 reps)



Repeat on other leg

4. Lateral raises (30 sec)



5. Repeat forward, side, and back leg lifts on each side (10 each direction)

6. Front raises (30 sec)



1. Calf Raises (30 sec)



2. Knee Raises with Bicep Curl, right and left side (30 sec/side)



REPEAT both exercises

Final Round

1 time through on everything

1. Sit to stand (10)
2. Chest press (10)
3. Deadlifts (10)
4. Bicep curls (10)
5. Lateral raises (10)
6. Front raises (10)
7. Calf raises (10)
8. Knee raises with bicep curl (10/side)