

# TEMPLATE 10: SENIOR FITNESS PROGRAM *by*



- CLIENT CATEGORY: OLDER ADULTS
- KEY WORKOUT TYPES: LOW-IMPACT STRENGTH, BALANCE, FLEXIBILITY
- TEMPLATE STRUCTURE:
  - DAY 1: LOW-IMPACT STRENGTH (30 MINUTES)
    - EXERCISES: SEATED LEG EXTENSIONS (3x15), DUMBBELL BICEP CURLS (3x12), WALL PUSH-UPS (3x12)
  - DAY 2: BALANCE & COORDINATION (30 MINUTES)
    - EXERCISES: SINGLE-LEG BALANCE (3x10 SEC PER LEG), HEEL-TO-TOE WALK (3x1 MIN), STEP-UPS (3x10 PER SIDE)
  - DAY 3: FLEXIBILITY & MOBILITY (30 MINUTES)
    - EXERCISES: NECK STRETCHES (2x30 SEC), SHOULDER ROLLS (3x10), GENTLE HAMSTRING STRETCH (3x30 SEC)
- WARM-UP/COOL-DOWN: GENTLE MOVEMENT PREP; STATIC STRETCHING.

