

# FOREVER ACTIVE

PERSONALIZED FITNESS AND WELLNESS FOR MEN 50 +



## Home Exercises to Improve Upper and Lower Body Strength and Balance for the Older Adult Part 2

### Introduction

The August 2014 newsletter, Part 1, discussed the effects of aging on the muscular system, guidelines to exercise safely, training principles which included frequency of training, number of sets and repetitions to complete with each exercise and training load (amount of weight to lift). As well, a list of upper and lower body and core exercises were given. The goal was to introduce the importance of resistance training to help slow the effects of aging on the muscular system. By slowing the rate of muscle atrophy (reduced size and weakening of the muscle) in the upper and lower body, the risk of falls is reduced and your quality of life is maintained for a longer period of time.

This newsletter, Part 2, will illustrate the exercises that were listed in Part 1. It is important when you are establishing your exercise routine that you follow the guidelines listed in Part 1 and perform the exercises as described with each illustration.

### Editors Note:

1. Before you start any exercise program it is recommended that you consult with your doctor to make sure there are no medical conditions that would increase your health risk.
2. The exercises illustrated for each muscle group are just a sample of the many variations to each exercise. When doing each exercise you may use no resistance, or apply resistance with rubber bands, light weights, or a machine. As well, you can vary the difficulty of the exercise by standing, sitting on a stability ball or bosu.
3. Consult with a personal trainer if you are unsure on how to perform any of the exercises or how to develop an effective exercise routine.

### Upper Body Exercises:

#### Shoulders

##### 1. Shrugs



##### 2. Overhead Press



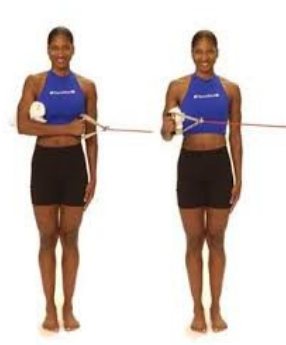
##### 3., Lateral raise



##### 4. Anterior Raise



##### 5. External Rotation



Chest

1. Chest Press



2. Chest Fly



3. Push-up



Resisted push-up

4. Modified Push-up



Upper Back



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Biceps



Triceps



Lower Body Exercises:

Thighs (Front of the legs)

1. Knee Extensions



2. Squats



3. Lunges



Hamstrings (Back of the legs)

Leg Curls



1. Flexors



2. Extensor



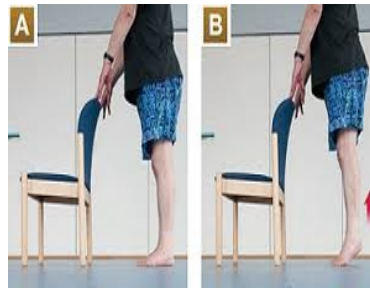
Hips

3. Abductors



Calf's

Heel Raises



Anterior Shins

Toe Raises



Core

Crunch



Oblique Crunch



Lateral Bending



Trunk Rotations



Back Extensions

