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**Senior Fitness Work-out Format**

**STRETCHES-sitting/lying down**

1 leg bent & 1 extended/opposite side

Feet/heals together

Lay on your back, feet/heels together

Body stretch-arms over head

Head right & knees left/opposite side (**2x/side**)

Ride the bicycle

Hands behind your head & lift torso (**5/10x**)

Right knee bent pull toward chest/opposite side/ both together

Right arm at your side & left arm parallel over your head (**2x/side**)

Right leg up & rotate ankle/point & flex /opposite side

Right leg over left knee & pull to the right/opposite side (**2x/side**)

Ladder climb

**SIT-UP**

Pelvic thrusts (**15/20x**)

Feet/heels together

On your side & pull ankle toward buttocks/opposite side

Sprinters-Achilles stretch/opposite side

On your knees/thighs sit on your heels

On your thighs, arms extended pull your back inward & tilt head back

**STRETCHES-standing**

Achilles stretch

Back against the wall

Toe raises (**65x**)

Hands together–reach up & back/opposite side

Right hand to opposite shoulder & left hand to right elbow/switch

Side bend/opposite side

Trunk twist

Shoulder pinches

Right arm over left arm & pull to right/opposite side

Turn head slowly side to side; tilt chin up then down (**3x/each**)

Finger stretches

**WEIGHTS\*-(20x each side) \*use 8oz-32oz cans if no hand weights available**

Curls (**40x both arms alternate**)

Triceps

Shoulder press

Lawn-mower

Wings

Dolly – Chest

Squats/Lunges

Around the world

Revised 3/2019