

Beginners 6 Week Strength Training Program For Older Adults

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|------------------------|---|
| Workout Goal: | Build Strength |
| Workout Frequency: | 2x a week |
| Level: | Beginner |
| Time Per Workout: | 20 minutes |
| Exercises Per Workout: | 8 |
| Program Duration: | 6 Weeks |
| Equipment Required: | Floor space, a chair, a pair of light dumbbells (or waterbottles), a step (or the stairs will do) |
| Target Gender: | Male & Female |

Link to program guide (with explanations of each exercise):

<https://keepingstrong.co.uk/beginners-program-guide/>

Beginners Strength Training Program

The program consists of 2 workout sessions per week for a duration of 6 weeks. Spend 1 minute on each exercise, completing as many repetitions as you can in that minute. For leg exercises which are performed one leg at a time, spend 30 seconds on each leg. After each exercise, rest for 1 minute. During weeks 3-6, reduce your rest time to 30 seconds.

Start every session with a warm up:

- 30 secs marching
- 30 secs side stepping or side lunging
- 30 secs arm swinging
- 30 secs marching + arm swinging

Week 1

| Session 1 | Session 2 |
|------------------------|-------------------|
| Chair Squats | Glute Bridges |
| Seated Knee Extensions | Hamstring Curls |
| Lunges | Deadlifts |
| Straight Leg Raises | Step Ups |
| Chest Press | Rows |
| Wall Press | Close Grip Rows |
| Shoulder Press | Plank |
| Lateral Raises | Tricep Extensions |

Week 2

| Session 1 | Session 2 |
|---------------------------|----------------|
| Chair Squats | Glute Bridges |
| Clams | Frog Pump |
| Lunges | Deadlifts |
| Side Lying Hip Abductions | Calf Raises |
| Chest Press | Rows |
| Plank Taps | Lateral Raises |
| Shoulder Press | Plank |
| Frontal Raises | Bicep Curls |

Week 3

| Session 1 | Session 2 |
|----------------|-------------------------|
| Chair Squats | Glute Bridges |
| Calf Raises | Lateral Lunges |
| Lunges | Deadlifts |
| Step Ups | Standing Hip Abductions |
| Chest Press | Rows |
| Wall Press | Plank Taps |
| Shoulder Press | Plank |
| Bicep Curls | Tricep Extensions |

Week 4

| Session 1 | Session 2 |
|------------------------|-------------------|
| Chair Squats | Glute Bridges |
| Seated Knee Extensions | Hamstring Curls |
| Lunges | Deadlifts |
| Straight Leg Raises | Step Ups |
| Chest Press | Rows |
| Wall Press | Close Grip Rows |
| Shoulder Press | Plank |
| Lateral Raises | Tricep Extensions |

Week 5

| Session 1 | Session 2 |
|---------------------------|----------------|
| Chair Squats | Glute Bridges |
| Clams | Frog Pump |
| Lunges | Deadlifts |
| Side Lying Hip Abductions | Calf Raises |
| Chest Press | Rows |
| Plank Taps | Lateral Raises |
| Shoulder Press | Plank |
| Frontal Raises | Bicep Curls |

Week 6

| Session 1 | Session 2 |
|----------------|-------------------------|
| Chair Squats | Glute Bridges |
| Calf Raises | Lateral Lunges |
| Lunges | Deadlifts |
| Step Ups | Standing Hip Abductions |
| Chest Press | Rows |
| Wall Press | Plank Taps |
| Shoulder Press | Plank |
| Bicep Curls | Tricep Extensions |

Link to workout:

<https://keepingstrong.co.uk/beginners-strength-training-program/>

For more workouts and to learn more about strength training for older adults visit: keepingstrong.co.uk

