

# Intermediate 6 Week Strength Training Program For Older Adults

Workout Goal:	Build Strength
Workout Frequency:	2x a week
Level:	Intermediate
Time Per Workout:	Approx 30 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/>

# Intermediate Strength Training Program

The program consists of 2 workout sessions per week for a duration of 6 weeks.

For each compound exercise (highlighted in bold), complete 3 sets of 8-10 reps. For accessory exercises, complete 4 sets of 10-12 reps. If you find you are easily reaching the number of reps, try increasing the weight or resistance, or progress to the harder variation of that exercise.

The aim is progressive overload – progressively adding a bit more weight or resistance to keep challenging your muscles.

Start every session with a warm up:

- 30 secs high knees and high arms
- 30 secs body-weight squats
- 30 secs lunging
- 30 secs plank

## Week 1

Session 1	Session 2
<b>Squats</b>	<b>Glute Bridges</b>
<b>Single Leg Step Downs</b>	<b>Banded Walks</b>
<b>Lunges</b>	<b>Deadlifts</b>
<b>Straight Leg Raises</b>	<b>Step Ups</b>
<b>Chest Press</b>	<b>Rows</b>
<b>Press Ups</b>	<b>Close Grip Rows</b>
<b>Shoulder Press</b>	<b>Plank</b>
<b>Lateral Raises</b>	<b>Tricep Extensions</b>

## Week 2

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

## Week 4

Session 1	Session 2
Squats	Glute Bridges
Single Leg Step Downs	Banded Walks
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
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
Squats	Glute Bridges
Calf Raises	Lateral Lunges
Lunges	Deadlifts
Step Ups	Standing Hip Abductions
Chest Press	Rows
Press Ups	Plank Taps
Shoulder Press	Plank
Bicep Curls	Tricep Extensions

Link to workout:

<https://www.keepingstrong.co.uk/intermediate-strength-training-programme/>

For more workouts and to learn more about strength training for older adults visit: [keepingstrong.co.uk](https://www.keepingstrong.co.uk)

