

Beginners 6 Week Strength Training Program For Older Adults

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 Programme

The programme consists of 2 workout sessions. Complete both sessions every week, leaving at least one day in between workout sessions to rest.

You have 1 minute per exercise – Aim to do as many reps as you can in 1 minute. Then rest for 1 minute. Then move on to the next exercise.

Exercises which are performed with 1 leg, complete 30 secs on 1 leg, then 30 secs on the other leg.

Try to reduce your rest time in weeks 3-6, with just 30 seconds rest!
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

Workout Sessions:

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

Link to workout:

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