



Silver Sneakers Exercises *(using body weight, dumbbells and ball)*

Warm up

shoulder shrugs, roll shoulders forward and back, march, V-steps, step side – step center, toe taps, heel digs, overhead reaches, twist and rotate hips. squats, wrist rotation, ankle rotation, hip rotation,

Upper body

two handed curls, alternating curls, raise arms in front and curl towards shoulder, standing curls, one-legged standing curls, squatting curls

arm raises: hold weights, turn palms down, two handed raises, alternating raises, side raises, raise hands in front, draw arms out to sides staying parallel to the floor

posterior arm raises: put weights at sides extending arms downward – raise weights behind you

seated or standing rows

lumberjack chops

overhead press, squatting overhead press

triceps kickbacks, overhead triceps (lift weights to ceiling, bend elbow to bring weight to back of neck), extend arms out then ‘curl’ to armpits, rotate wrists to bring palms up and down holding weights

Chest/shoulders

place weights together at chest, pull towards back squeezing shoulder blades,

place weights together at chest – “stir the pot”, extend arms at sides parallel to floor, turn wrists so palms face up slowly rotate up and down

wall push ups

Core

seated marching

seated crunches with ball at your back

lean back in chair with abs engaged

(1) bring knees toward nose, (2) bicycle crunches (3) sit erect and lift and swing legs side to side
boat pose, row the boat, Russian twists, seated jumping jacks,

seated or standing ‘lawn mower’,

seated obliques (lean to one side with weights towards floor then lift so spine is erect)

Lower body

calf raises

wide-legged squats, narrow squats, holding squats, one-legged squats,
weighted squats, ball squats (don't forget to squeeze the glutes!)

3-directional dynamic lunges, stationary lunges, lunge and reach,

Squeeze ball between thighs (seated or standing)

Stand on one leg: open/close at hip, squeeze ball behind the knee,
lean forward and squeeze ball by bringing shoe to buttocks

Lateral leg raises (3 different counts)

Ball exercises

Knead the dough

Turn the lid

Push fingers into ball

Squeeze at side while lifting hip

Overhead ball passes

With ball between two hands, reach forward

With two hands compress ball at chest

Place ball on one thigh while seated, lean downward (obliques)

Place ball on shoulder lay palm on top, push downward

Stretch

shoulder shrugs, draw shoulders forward/scoop tummy, draw shoulders behind/scoop lower back, turn head, tilt head to shoulder, reach high, chest expansion, side bends, seated twist, or stand and use hands to assist spinal rotation, squeeze arm across chest (triceps), pelvic tilts, seated: hug a tree, grab back of chair, squeeze thigh towards body, extend leg and bring to nose, cross leg and push down top leg (hip flexors), rotate ankles, flex and point toes,

Final thoughts

Remember to do your favorite cardio

Cue yourself **often** to tighten core throughout exercising

Control your weights – don't rush

As you progress, increase weight or add reps!

Drink water

Invite a friend(s) to join you - share what you know with someone else

Hold stretches 15-30 seconds

Give yourself affirmations **often**