



Better Ageing Cardio Fit

Program Card Term 3 2024

4 week program, 2 x 30-45minute sessions per week

Definitions

Sets

How many rounds will need to be completed

Rest

How long to rest between sets to allow recovery and refocusing

Warmup

Before each strength session allow 5-10 minutes for a gradual warm up to prepare the body for exercise.

Complete 2 sets of:

- Side stepping with arm reach
- Torso twists
- Shoulder rolls forwards and backwards
- Marching on the spot, forwards, backwards
- Hip circles
- Forward bend stretch (seated or standing)
- Seated ankle rotations
- Wrist rotations
- Modified Star Jumps



WEEK 1

Date completed:

Date completed:

Exercise	Sets	Time	Rest
<ul style="list-style-type: none"> • Marching on the spot ADD ON: <ul style="list-style-type: none"> + bicep curls + shoulder press + both arms pushing to the side 	1	3.5 min	1.5 min
<ul style="list-style-type: none"> • Side toe taps ADD ON: <ul style="list-style-type: none"> + same arm push forward + same arm push to the side + same arm pushing up 	1	3.5 min	1.5 min
<ul style="list-style-type: none"> • High knee ADD ON: <ul style="list-style-type: none"> + opposite arm push forward + opposite arm push up + torso twist 	1	3.5 min	1.5 min
<ul style="list-style-type: none"> • Side toe taps ADD ON: <ul style="list-style-type: none"> + arm reaching across the body + arm reaching higher across + same arm jab + same arm pushing up 	1	3.5 min	1.5 min

WEEK 2

Date completed:

Date completed:

Exercise	Sets	Time	Rest
<ul style="list-style-type: none"> • Backwards toe taps ADD ON: <ul style="list-style-type: none"> + both arms push forward + triceps extension + same arm pushes forward + same arm pushes up 	1	4 min	1.5 min
STRENGTH <ul style="list-style-type: none"> • Sit to stands x 6 • Push ups x 6 • Walking or jogging (repeat until 4 minutes)	1	4 min	1.5 min
<ul style="list-style-type: none"> • Side toe taps ADD ON: <ul style="list-style-type: none"> + arm reaching across the body + arm reaching higher across + both arms push forward + both arms push up 	1	4 min	1.5 min
<ul style="list-style-type: none"> • Sidestep ADD ON: <ul style="list-style-type: none"> + lead arm push out to the side + chest opener (elbows bent in front of the body) + both arms push up + lead arm pushes forward 	1	4 min	1.5 min

WEEK 3

Date completed:

Date completed:

Exercise	Sets	Time	Rest
<ul style="list-style-type: none"> • Heel taps ADD ON: <ul style="list-style-type: none"> + same arm punch forward + both arms push to the side + both arms push forward + both arms push up 	1	4.5 min	1 min
<ul style="list-style-type: none"> • Double sidestep ADD ON: <ul style="list-style-type: none"> + both arms push to the side + lead arm push up + lead arm push forward <ul style="list-style-type: none"> • Grapevine 	1	4.5 min	1 min
<ul style="list-style-type: none"> • Marching ADD ON: <ul style="list-style-type: none"> + shoulder press + both arms push to the side + arms forward and back (row) + combo = arms up, then arms side 	1	4.5 min	1 min
<ul style="list-style-type: none"> • Butt kicks ADD ON: <ul style="list-style-type: none"> + biceps curls + star jump arms + arm row + push arms to the side 	1	4.5 min	1 min

WEEK 4

Date completed:

Date completed:

Exercise	Sets	Time	Rest
<ul style="list-style-type: none"> • Double sidestep ADD ON: + lead arm push out to the side + both arms pushing out to the side + both arms push up	1	5 min	1 min
STRENGTH <ul style="list-style-type: none"> • Sit to stands x 8 • Push ups x 8 • Mountain climbers x 15sec • Walking or jogging 	1	5 min	1 min
<ul style="list-style-type: none"> • Heel taps ADD ON: + biceps curls + Shoulder press + arms pushing forward + arms to the side	1	5 min	1 min
<ul style="list-style-type: none"> • Modified star jumps • Small skiers (step back and behind then bring hand down to knee) • Can cans 	1	5 min	1 min

STRETCH ROUTINE

Do these stretches after you finish your Cardio Fit workout so your body feels great the next day!



Overhead arm reach

- sit tall in your chair
- Extend your arms overhead.
- look up and bring your palms together as you stretch higher toward the ceiling.
- Hold for five counts then return and repeat.



Torso stretch

- Facing forward, cross your left leg over your right leg.
- Twist your upper body to the right and hold.
- Twist your upper body to the left and hold.
- Repeat on other side.



Overhead side reach

- Extend arms overhead.
- Reach to the left side.
- Hold for 10 to 30 seconds.
- Repeat on the other side.



Glute stretch

- While seated, cross the right ankle over the left knee and sit up nice and tall.
- Gently lean forward, keeping the back straight and reaching out with the torso until you feel a stretch in the right glute and hip.
- repeat on the other side.



Upper shoulder stretch

- Sit on one hand.
- Tilt your head away from the hand you're sitting on, towards your shoulder.
- rest your free hand over your head.
- Change sides and repeat.



Hamstring stretch

- Sit on edge of chair.
- Position heel on floor with knee straight.
- Reach toward toe or bring torso toward leg. Hold stretch. Repeat with opposite leg.



Chest stretch

- Start either in a seated or standing position.
- Clasp hands behind your back.
- Push the chest outward and raise the chin.
- Hold the pose for 10 to 30 seconds.



Seated forward bend

- Sit straight with your feet hip width apart
- With your arms straight in front of you, lean your torso forward and down towards the floor
- Reach your hands towards your floor and round your back, with your head and neck relaxed