



ACTIVE PARRAMATTA VAN

Better Ageing Program

Gentle Exercise Routine

This exercise routine will compliment your current involvement in the Active Parramatta Van's Better Ageing Gentle Exercise Class.



Warm up

Start with a warm up to get your body moving and prepare you for exercise.

A warm up will increase your heart rate, increasing blood flow to the working muscles, delivering nutrients and energy needed for exercise.

Examples:

5min gentle walk, side stepping, marching, hip circles, torso twists, arm circles, shoulder rolls etc.

Balance Training

Balance training is essential for falls prevention. By keeping the muscles that stabilise the ankle, knee and hip joints strong, you can counterbalance any unexpected changes in your base of support.

Tandem Stance

One foot directly in front of the other; left heel touching your right toes, hold for 5-20 seconds, then switch sides.



Single leg hold

Balance on left leg with right foot off the ground for 5-20 seconds, then switch sides.



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Strength Training

Sit to Stand

*Muscles working = Legs
(Glutes, Hamstrings and Quadriceps)*

2 sets x 5-10 reps

- Using a sturdy chair start seated with feet shoulder width apart, toes pointing out at a slight angle, knees straight and chest up. (1)
- Stand up out of your chair, pushing hips forward. (2)
- Slowly lower body down (3-5 second tempo) into chair, making sure your knees stay straight and don't collapse inwards.



Seated Leg Extensions

*Muscles working = Legs
(Quadriceps)*

2 sets x 5-8 reps each leg

- Start by sitting tall in your chair. (1)
- Extend your left knee until the left leg is straight. (2)
- Hold this position for 3-5 seconds; squeeze the muscles.
- Slowly lower your left leg back down until your foot is on the ground again.
- Repeat 5-8 times, then switch to your right leg.



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Calf Raises

*Muscles working: Calves
(Gastrocnemius and Soleus)*

1-2 sets of 5-10 reps

- Start in seated position, feet flat on the ground, shoulder width apart. (1)
- Lift both heels up off the ground, rising onto your toes/ball of foot. (2)
- Pause at the top, then slowly lower heels back down to the ground.
- Complete 1-2 sets seated.
- Repeat this same exercise for 1-2 sets, standing.

Note: When in a seated position, this exercise will target the deeper calf muscle (soleus). When in standing, this exercise will target the larger calf muscle (gastrocnemius).



Lateral Leg Lifts

*Muscles working: Glutes and Hips
(Abductors)*

2 sets of 2-8 times each leg

- Standing up straight either behind a sturdy chair or in front of a wall. (1)
- Keep one leg still while lifting the other leg away from your body. (2)
- Make sure to keep your torso upright and only move through your hip joint.
- Slowly control leg back to centre, then repeat.



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Push Ups

Muscles working: Chest, Shoulders and Arms (Pectoralis Major, Deltoids, Triceps)

2 sets of 5-10 reps

- Start with your palms wider than shoulder width apart against the wall. Arms straight. Move feet away from the wall, raising heels off the ground, so your body is on a slight angle. (1)
- Bend elbows and move chest towards the wall, keeping your back and legs straight. (2)
- Push away from the wall, straightening elbows again. (1)

Progress by using a bench/table. Changing the angle of your body increases the difficulty.



Rows

Muscles working: Back (Latissimus Dorsi and Posterior Deltoid)

Equipment: Resistance Band

2 sets of 5-10 reps

Perform either seated or standing. Make sure there is some tension on the band.

- Hold onto either side of the band with arms extended in front. (1)
 - If seated, step your foot over the band to secure.
 - If standing, secure the band around a door handle or a sturdy hook/pole. Stagger your legs for balance.
- Bend elbows pulling arms straight back, pause, squeeze shoulder blades together at end point. (2)
- Slowly extend arms back to starting position. (1)

