



ACTIVE PARRAMATTA VAN

Better Ageing Strength for Life Program Card



This exercise routine will compliment your current involvement in the Active Parramatta Van's Strength for Life Program.

Aim for an active and healthy lifestyle and join the Active Parramatta Van for our Better Ageing Strength for Life program.

This term we have included exercises to further develop your core, leg, forearm and grip strength. We have also included functional movements to help with daily activities, such as walking with shopping bags and picking up items off the ground.

This program utilises periodisation techniques to ensure that your strength progresses over time. Modifications to exercises will be provided to cater for different fitness levels.



Before you get started

Definitions

Reps

How many times the movement is to be repeated during each set

Sets

How many rounds of reps will need to be completed

Rest

How long to rest between sets to allow recovery and refocusing

Time

How long the session will run

RB

Resistance Bands

DB

Dumbbells

ROM

Range of Motion



New exercise

A

Beginner

B

Intermediate

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 horizontal arm reach
- Torso twists
- Marching on the spot, forwards, backwards
- Hip circles
- Hip circles
- Forward bend stretch (seated or standing)
- Seated ankle rotations
- Wrist rotations

Proper technique is crucial to ensure the correct muscles are being used and to prevent injury. Check out the exercise descriptions table and keep it on hand when training.



WEEK 1

2 days per week (E.g. Monday and Thursday)

| Exercise | Sets | Reps | Rest | Muscles Used |
|---|------|---------------------------|-----------------------|---|
| Sit to Stand | 2 | A: 5-7 B: 7-10 | 90 Seconds | Legs (<i>Quadriceps, Glutes, Hamstrings</i>) |
| Deadlifts (body weight and RB) | 2 | A: 5-7 B: 7-10 | 90 Seconds | Legs (<i>Hamstrings and Glutes</i>) |
| Rows Seated or Standing (RB) | 2 | A: 5-7 B: 7-10 | 90 Seconds | Back muscles (<i>Latissimus Dorsi</i>) and Shoulders (<i>Deltoid</i>) |
| Push ups (wall or bench) | 2 | A: 5-7 B: 7-10 | 90 Seconds | Chest muscles (<i>Pectorialis major</i>), Shoulders (<i>Deltoid</i>) and Arms (<i>Triceps</i>) |
| Calf Raises Seated and Standing | 2 | A: 5-7 B: 7-10 | 90 Seconds | Calf muscles (<i>Gastrocnemius and Soleus</i>) |



WEEK 2

2 days per week (E.g. Monday and Thursday)

| Exercise | Sets | Reps | Rest | Muscles Used |
|--|------|----------------------------|---------------|---|
| Sit to Stand | 2 | A: 6-8 B: 8-10 | 90 Seconds | Legs (<i>Quadriceps, Glutes, Hamstrings</i>) |
| Standing Rows (RB) | 2 | A: 6-8 B: 8-10 | 90 Seconds | Back muscles (<i>Latissimus Dorsi</i>) and Shoulders (<i>Deltoid</i>) |
| Push Ups (wall or bench) | 2 | A: 6-8 B: 8-10 | 90 Seconds | Chest muscles (<i>Pectorialis major</i>), Shoulders (<i>Deltoid</i>) and Arms (<i>Triceps</i>) |
| NEW - Plank Hold ★ | 2 | A: 15-20sec B: 20-25sec | 90 Seconds | Abdominal muscles |
| NEW - Bicep Curls (RB or weights object) ★ | 2 | A: 6-8 B: 8-10 | 90 Seconds | Arms (<i>Biceps</i>) |



WEEK 3

2 days per week (E.g. Monday and Thursday)

| Exercise | Sets | Reps | Rest | Muscles Used |
|---|------|---------------------|---------------|--|
| Deadlift (RB) | 2-3 | A: 7-10 B: 10-12 | 90 Seconds | Legs (<i>Hamstrings and Glutes</i>) |
| Standing Rows (RB) | 2-3 | A: 7-10 B: 10-12 | 90 Seconds | Back muscles (<i>Latissimus Dorsi</i>) and Shoulders (<i>Deltoid</i>) |
| NEW - Chest Press (RB) | 2 | A: 7-10 B: 10-12 | 90 Seconds | Chest muscles (<i>Pectorialis major</i>), Shoulders (<i>Deltoid</i>) and Arms (<i>Triceps</i>) |
| NEW - Seated Shoulder Press (RB) | 2 | A: 7-10 B: 10-12 | 90 Seconds | Shoulders (<i>Deltoid</i>) |
| Bicep Curl (RB) ★ | 2 | A: 7-10 B: 10-12 | 90 Seconds | Arms (<i>Biceps</i>) |
| NEW - Weighted Torso Twists ★ (Holding onto a weighted bag perform controlled torso twists) | 2 | A: 7-10 B: 10-12 | 90 Seconds | Abdominal muscles |



WEEK 4

2 days per week (E.g. Monday and Thursday)

| Exercise | Sets | Reps | Rest | Muscles Used |
|---|------|---------------------|---------------|--|
| NEW - Sit to Stand + holding shopping bags (holding one bag in each hand, arms straight, stand up with bag) ★ | 2-3 | A: 8-10 B: 10-13 | 60-90 Seconds | Legs (<i>Quadriceps, Glutes, Hamstrings</i>) Forearms + grip strength |
| NEW - Kickbacks ★ | 2 | A: 8-10 B: 10-13 | 60-90 Seconds | Legs (<i>Glutes and Hamstrings</i>) |
| NEW - Lateral Leg Raises ★ | 2 | A: 8-10 B: 10-13 | 60-90 Seconds | Legs (<i>Glutes and Abductors</i>) |
| RB Standing Rows | 2-3 | A: 8-10 B: 10-13 | 60-90 Seconds | Back muscles (<i>Latissimus Dorsi</i>) and Shoulders (<i>Deltoid</i>) |
| RB Chest Press | 2-3 | A: 8-10 B: 10-13 | 60-90 Seconds | Chest muscles (<i>Pectoralis major</i>), Shoulders (<i>Deltoid</i>) and Arms (<i>Triceps</i>) |
| NEW - Tricep Extensions (RB)/Kickbacks (DB) ★ | 2 | A: 8-10 B: 10-13 | 60-90 Seconds | Arms (<i>Triceps</i>) |



WEEK 5

2 days per week (E.g. Monday and Thursday)

De-Load Week

This week we will not increase the number of exercises, reps, sets or weight. It is important to occasionally reduce your training volume to avoid overworking yourself and give muscles time to adapt, grow, and become stronger.

| Exercise | Sets | Reps | Rest | Muscles Used |
|---------------------------------|------|-----------|---------------|--|
| Sit to Stand | 2 | 8-10 | 60-90 Seconds | Legs (<i>Quadriceps, Glutes, Hamstrings</i>) |
| RB Standing Rows | 2 | 8-10 | 60-90 Seconds | Back muscles (<i>Latissimus Dorsi</i>) and Shoulders (<i>Deltoid</i>) |
| Push ups | 2 | 8-10 | 60-90 Seconds | Chest muscles (<i>Pectorialis major</i>), Shoulders (<i>Deltoid</i>) and Arms (<i>Triceps</i>) |
| Calf Raises Seated and Standing | 2 | 8-10 | 60-90 Seconds | Calf muscles (<i>Gastrocnemius and Soleus</i>) |
| Plank Hold | 2 | 20-25 sec | 60-90 Seconds | Abdominal muscles |



WEEK 6

2-3 days per week (E.g. Monday, Wednesday and Friday)

| Exercise | Sets | Reps | Rest | Muscles Used |
|---|------|----------------------|------------|--|
| Sit to Stand + holding shopping bags (holding one bag in each hand, arms straight, stand up with bag) | 2-3 | A: 10-12 B: 13-15 | 60 Seconds | Legs (<i>Quadriceps, Glutes, Hamstrings</i>) Forearms |
| Deadlifts (RB) | 2-3 | A: 10-12 B: 13-15 | 60 Seconds | Legs (<i>Hamstrings</i>) and (<i>Glutes</i>) + Forearms |
| NEW - Bent Over Rows (RB) ★ | 2 | A: 10-12 B: 13-15 | 60 Seconds | Back muscles (<i>Latissimus Dorsi</i>) and Shoulders (<i>Deltoid</i>) |
| Push ups | 2-3 | A: 10-12 B: 13-15 | 60 Seconds | Chest muscles (<i>Pectorialis major</i>), Shoulders (<i>Deltoid</i>) and Arms (<i>Triceps</i>) |
| Tricep Extensions (RB) | 2 | A: 10-12 B: 13-15 | 60 Seconds | Arms (<i>Triceps</i>) |
| NEW - Hammer Curls (RB) ★ | 2 | A: 10-12 B: 13-15 | 60 Seconds | Arms (<i>Biceps, Brachialis</i>) |



WEEK 7

2-3 days per week (E.g. Monday, Wednesday and Friday)

| Exercise | Sets | Reps | Rest | Muscles Used |
|---|------|--|------------|---|
| Sit to Stand + Get Up and Go | 2-3 | A: 3 x sit to stand + walk x 3 = 1 set B: 5 x sit to stand + walk x 3 = 1 set | 60 Seconds | Legs (<i>Quadriceps, Glutes, Hamstrings</i>) |
| Lateral Raises | 2 | A: 6-8 B: 8-10 <i>* Less reps to concentrate on form</i> | 60 Seconds | Legs (<i>Glutes/Abductors</i>) |
| RB Standing Rows | 2-3 | A: 10-12 B: 13-15 | 60 Seconds | Back muscles (<i>Latissimus Dorsi</i>) and Shoulders (<i>Deltoid</i>) |
| RB Chest Press | 2-3 | A: 10-12 B: 13-15 | 60 Seconds | Chest muscles (<i>Pectorialis major</i>), Shoulders (<i>Deltoid</i>) and Arms (<i>Triceps</i>) |
| Hammer Curls | 2 | A: 10-12 B: 13-15 | 60 Seconds | Arms (<i>Biceps and Brachialis</i>) |
| Weighted Torso Twists (Holding onto a weighted bag) | 2 | A: 10-12 B: 13-15 | 60 Seconds | Abdominal muscles |



WEEK 8

2-3 days per week (E.g. Monday, Wednesday and Friday)

| Exercise | Sets | Reps | Rest | Muscles Used |
|---|------|----------------------|---------------|---|
| Deadlifts (RB or shopping bags) | 2-3 | A: 10-12 B: 13-15 | 60 Seconds | Legs (<i>Glutes, Hamstrings</i>) |
| Calf Raises | 2-3 | A: 10-12 B: 13-15 | 60 Seconds | Legs (<i>Quadriceps, Glutes, Abductors, Hamstrings</i>) |
| RB Standing Rows | 2-3 | A: 10-12 B: 13-15 | 60 Seconds | Back muscles (<i>Latissimus Dorsi</i>) and Shoulders (<i>Deltoid</i>) |
| Push ups | 2-3 | A: 10-12 B: 13-15 | 60 Seconds | Chest muscles (<i>Pectorialis major</i>), Shoulders (<i>Deltoid</i>) and Arms (<i>Triceps</i>) |
| Tricep Extension (RB) | 2-3 | A: 10-12 B: 13-15 | 60 Seconds | Arms (<i>Triceps</i>) |
| Hammer Curls (RB) | 2-3 | A: 10-12 B: 13-15 | 60 Seconds | Arms (<i>Biceps, Brachialis</i>) |



Exercise Tips

Ab Exercises

| | |
|------------------------------|--|
| Weighted Torso Twists | Standing tall, hold a weighted object; bag, medicine ball, container sugar etc, in both hands with arms out straight in front. Holding at chest out. Perform slow controlled torso twists from side to side, as far as you can turn while keeping your feet facing the front. |
| Plank Holds | Starting in a push up position, with hands shoulder width apart placed on a table/bench or any stable lowered surface. Move feet away from hands until your body is straight. Squeeze your core and hold this position for the prescribed length of time. https://www.youtube.com/watch?v=sW8jCBdVfJ8 |

Back Exercises

| | |
|--------------------------------------|--|
| Rows Seated and Standing (RB) | Anchor resistance band at chest height. Position yourself standing tall with one foot forward or sitting down. Holding onto the resistance band, start with arms out straight, keep chest up, then pull elbows back squeezing shoulder blades then control arm extension back to starting position. https://www.youtube.com/watch?v=FHuED5bBY6U |
| Bent Over Rows (RB) | Anchor resistance band in place by standing across the middle of it with both feet shoulder width apart. Slightly bend knees, hinge hip back slightly, torso lowered on slight angle and back straight. Arms straight by your side holding RB, then pulling elbows back into a row, squeezing shoulder blades together before returning to starting position. https://www.youtube.com/watch?v=uR9KcuzLqVo |

Shoulder Exercises

| | |
|-----------------------------------|--|
| Seated Shoulder Press (RB) | Sitting with feet shoulder width, chest up, resistance band anchored under chair, position handles in line with your ears, palms facing forward. Push hands up above head extending elbows then control to return back to starting position. If struggling, do without Resistance band and reduce ROM. https://www.youtube.com/watch?v=WoJ3MqNaBQk |
|-----------------------------------|--|



Exercise Tips

Chest Exercises

| | |
|-------------------------|---|
| Push Ups | <p>Start on the wall. Palms flat on the wall, shoulder width apart, back and arms straight. Bend elbows and bring chest/head towards wall, then push back to starting position. Once confident can progress to a bench.</p> <p>https://www.youtube.com/watch?v=OBMIdL_Ha9Q</p> |
| Chest Press (RB) | <p>Standing tall with one foot forward, keep chest up and start with hands at chest height holding onto RB handles and elbows bent close to torso. Push arms straight out in front, control as elbows bend and arms return to starting position.</p> <p>https://www.youtube.com/watch?v=POx0bVn823Q</p> |

Arm Exercises

| | |
|--------------------------|---|
| Bicep Curl (RB) | <p>Sitting or standing with chest up, keep elbows close to torso, start with arms extended, palms facing forward, then bend elbows bringing hands up to chest, then slowly lower back to starting position.</p> <p>https://www.youtube.com/watch?v=pXS-fSPWpk8</p> |
| Tricep Extensions | <p>Anchor resistance band from a higher angle, hold band in front with hands at shoulder level, elbows bent and close to torso, then pull band down extending elbows before controlling back to starting position.</p> <p>https://www.youtube.com/watch?v=dzfxVf-IOSE</p> |
| Hammer Curl (RB) | <p>Same position as bicep curls above however palms are facing in towards your body while holding a weight or resistance band in each hand. Bend elbows bringing hands up towards your chest, then slowly lowering them back down.</p> |



Exercise Tips

Leg Exercises

| | |
|--|---|
| Sit to Stand or Squats | <p>Use a sturdy chair. Feet shoulder width apart. Keep chest up. Slowly lower down into chair, making sure knees don't go over toes and don't collapse inwards. Push hips forward when standing up.</p> <p>https://www.youtube.com/watch?v=8fg-WIZeauU</p> |
| Dead Lift (RB) | <p>Start in a half squat, feet shoulder width apart, knees bent and toes pointed forward. Anchor resistance band in place by standing across the middle of it with both feet. Holding the band in each hand, keeping arms straight, stand up, then control return to starting position.</p> <p>https://www.youtube.com/watch?v=JqSk2ydDIkk</p> |
| Calf Raises Seated and Standing | <p>Sit or stand with feet shoulder width apart. Lift heels up off the ground, rising onto you the balls of your feet, then control back to starting position. Seated calf raises target soleus (smaller/deeper calf muscle) and standing calf raises target gastrocnemius (large calf muscle).</p> <p>https://www.youtube.com/watch?v=eMTy3qylqnE</p> |
| Lateral Leg Raises | <p>Using wall or chair as support. One leg stationary while the other is lifting to the side away from body then controlled back to centre.</p> <p>https://www.youtube.com/watch?v=l_U2uoePtS4</p> |
| Kick Backs | <p>Stand in front of chair or wall, holding onto it for support. Balance on your right leg, then kick your left leg backwards before controlling back to the starting position. Repeat this for the prescribed number of reps before switching sides.</p> <p>https://www.youtube.com/watch?v=qzqDHSDTc0U</p> |

