

## Resistance Band Intensity

Initially, perform one set of 8 repetitions to fatigue, gradually building to 12 repetitions. Once you are able to perform 12 repetitions, use a band with higher resistance, or shorten the distance between hand grips.

## The Strength Conditioning Guidelines

- Be sure to consult your physician before you begin any exercise program.
- Always include 3-5 minutes warm up before doing your strength conditioning exercises. Warm up by walking in place, lifting knees, and swinging arms.
- Stretching should be performed after each strength conditioning session.
- Follow the order of the strength conditioning exercises.
- Conduct exercises through a full range of motion.
- Avoid hyperextending or locking joints.
- Perform the strength conditioning exercises with slow and controlled movements while maintaining good form.
- Discontinue any exercise that causes pain or discomfort, or lighten the resistance.
- Perform program 3 times per week (allow one day of rest between exercise sessions).
- Be sure never to hold your breath, always exhale during the exertion phase (when you are contracting the muscle) and inhale during the release phase.

This brochure was adapted from the "Fit After Fifty" exercise guide created by Sherri Lucas, M.S. and Jessie Jones, Ph.D. in cooperation with Center for Successful Aging, California State University, Fullerton for the Active Aging Community Task Force Project, a program within the California Active Aging Project, Physical Activity and Health Initiative

*For information about community exercise and activity programs, call Senior Information and Assistance at 1-800-510-2020.*

## ASSUMPTION OF RISK

The Active Aging Task Force and its partners do not endorse any one particular exercise program. The distribution of the "Fit After Fifty" exercise guide is done as a service to older adults to promote physical fitness and health.

**Before engaging in any exercise program, you should consult your personal physician.**

The risk in engaging in strength-building exercise with resistance bands is the same as that of engaging in any moderate physical activity, in that it might possibly result in muscular fatigue, sprains, soft tissue damage, skeletal injury, dizziness, fainting, and the risk of cardiac arrest, stroke, and even death.

**If any of the following apply, you should not participate in any exercise session without permission from your physician:**

1. Your doctor has advised you not to exercise because of your medical condition(s),
2. You are currently experiencing chest pain, dizziness, or have exertional angina (chest tightness, pressure, pain, heaviness) during exercise.
3. You have experienced congestive heart failure or have uncontrolled high blood pressure (160/100 or above).

If you choose to use the resistance bands and "Fit After Fifty" exercise guide, you are assuming the inherent risks, and may not hold Active Aging Task Force, or the agency/facility/person who sponsors, promotes or distributes them, liable for injury or harm.

The Area Agency on Aging provides access to many services and programs such as nutritious meals, transportation, health promotion, and social activities.



For more information call:  
**1-800-510-2020**

# Fit After Fifty

A home-based exercise program to increase strength, balance and mobility



Provided by

California Active Aging Project,  
Physical Activity and Health Initiative  
and  
Active Aging Task Force of  
San Luis Obispo and Santa Barbara Counties

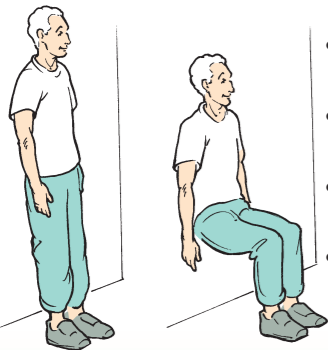
For senior information and assistance, call  
**1-800-510-2020**  
[www.centralcoastseniors.org](http://www.centralcoastseniors.org)

# EXERCISES

## 1 Wall Squats

*The resistance band is not used for this exercise.*

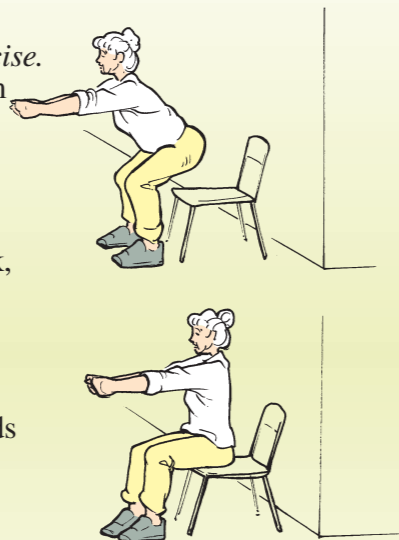
- Start in a standing position with your back against a wall.
- Stand with your hips and buttocks slightly tucked under and your shoulders relaxed.
- Your feet should be shoulder width apart and positioned directly underneath your hips.
- Slowly lower your body against the wall keeping your back straight and your chin up.
- Bend your knees and slowly lower your hips straight down until your thighs are parallel with the floor (hold for several seconds).
- Pause, then slowly return to the starting position.



## 2 Squats Using a Chair

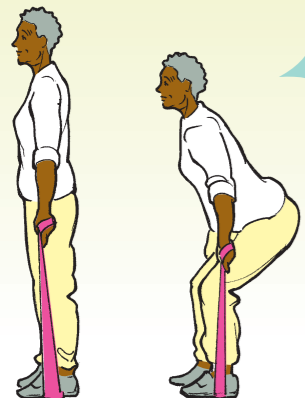
*The resistance band is not used for this exercise.*

- Place a chair against a wall, face away from it in starting position.
- Stand with feet shoulder width apart. Then bend at the knees and hips as you lower your buttocks into the chair.
- Remember to push with your buttocks back, keeping the knee aligned with the ankle (hold for several seconds).
- Return to the standing position by pressing through the heels and straighten the knees and hips, and repeat. You can put your hands on your legs to push off if necessary.



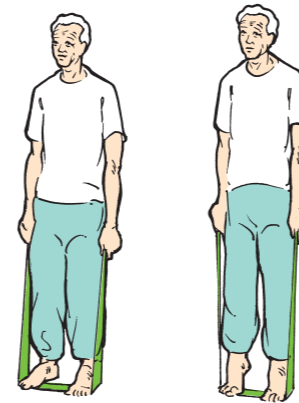
## 3 Squats

- Stand on the center of the band in a parallel stance still keeping the feet shoulder width apart.
- Hold on to the ends of the band, adjusting the length by wrapping your hand around it to maintain tension. Slightly bend your knees and push your buttocks back (6 counts).
- Pause, then slowly return to the starting position with your back straight (2 counts).



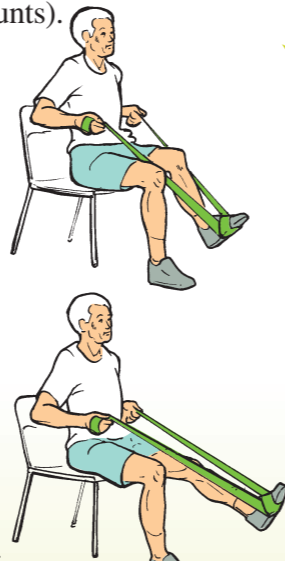
## 4 Standing Calves

- Grasp near the ends of the band with both hands.
- Place the band under balls of both feet.
- Stand in a neutral position and raise your heels off the floor (2 counts).
- Pause, then slowly return to starting position (6 counts).



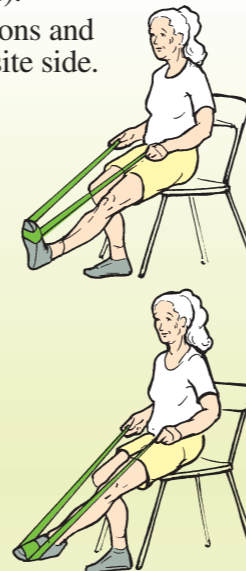
## 5 Seated Leg Press

- Sit upright on the center of the chair.
- Bend knee and wrap the band once around the foot and hold the ends of the band with each hand.
- Slowly straighten your leg, but do not lock the knee (2 counts).
- Pause, then slowly return to starting position (6 counts).
- Complete repetitions and repeat with opposite side.



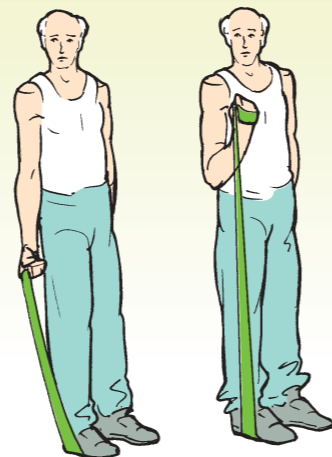
## 6 Point and Flex Toes

- Sit upright in the middle of the chair keeping your back straight. Be careful not to slouch.
- Wrap band once around right foot keeping the left knee bent and the right knee straight.
- Keeping the tension on the band slowly point your toes (2 counts).
- Pause, then slowly flex your toes and return to starting position (6 counts).
- Complete repetitions and repeat with opposite side.



## 7 Bicep Curls

- Stand with your foot on one end of the band.
- Wrap the other end in your hand with the arm straight down with palm facing up, move forearm toward body by bending at the elbow. Keep the elbow close to your body.
- Slowly curl the arm toward the shoulder (2 counts). Do not bend your wrist, it stays aligned with the arm as one unit.
- Pause, then slowly return to the starting position (6 counts).
- Complete repetitions and repeat with opposite arm.



## 8 Vertical Tricep Press

- Loop the band around the left hand and place your palm on your shoulder.
- Grab near the opposite end of the band with the right hand and create enough tension so that you can pull down on the band keeping the palm facing back.
- Slowly straighten the elbow to full extension (do not lock joint) (2 counts).
- Pause, then slowly return to the starting position (6 counts).
- Complete repetitions and repeat with opposite side.



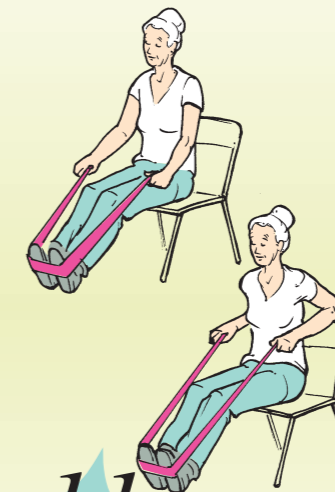
## 9 Standing Chest Press

- Place the band around the upper back and under the armpits.
- Hold on to the ends of the band, adjusting the length by wrapping the band around your hands to create tension.
- Push your arms out forward and press your chest muscles together (2 counts).
- Pause, then slowly return to the starting position (6 counts).



## 10 Seated Rows

- Sit upright on a chair and loop resistance band under both feet (heels should remain on the floor).
- Hold near the ends of the band with both hands.
- Slowly bring your hands toward your ribcage (keeping your elbows close to your body) (2 counts).
- Squeeze your shoulder blades together.
- Pause, then slowly return to the starting position (6 counts).



## 11 Horizontal Pull

- Stand in an upright position.
- Wrap the excess part of the band around your hands for shoulder width positioning.
- Keep the arms at chest level and your elbows slightly bent.
- Pull the arms out towards the side of your body horizontally while squeezing your shoulder blades together (2 counts).
- Pause, then slowly return to the starting position (6 counts).

