Routine For: Active Aging Week
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Travil EX.

**TUBING LOOP - Chest Press**

In shoulder width stance with tubing behind back and hands in punch position, press arms straight ahead.

Repeat _12_ times per set. Do _3_ sets per session. Do _3_ sessions per week.

**MID BACK - High Row: Long-Sitting**

Tubing around feet and palms down, pull arms back while squeezing shoulder blades together.

Repeat _12_ times per set. Do _3_ sets per session. Do _3_ sessions per week.

**BICEPS - Curl: Palm Up (Single Arm)**

Anchor tubing under back foot in stride stance. Palm up, curl arm toward shoulder.

Repeat _12_ times per set. Repeat with other arm. Do _3_ sets per session. Do _3_ sessions per week.

**BICEPS - Curl: Sitting**

Legs slightly bent, anchor tubing around feet. Palms up, curl arms.

To make harder push with legs at the same time as arm curl.

Repeat _12_ times per set. Do _3_ sets per session. Do _3_ sessions per week.

**TRICEPS - Press: Standing - Over Head**

In stride stance, tubing anchored under back foot, grasp handles behind head. Thumbs down, straighten arms, rotating to palms forward.

Repeat _12_ times per set. Do _3_ sets per session. Do _3_ sessions per week.

**TUBING LOOP - Triceps Press: Behind Back (Single Arm)**

In shoulder width stance, anchor tubing behind back. Straighten other arm over head, ending palm up.

Repeat _12_ times per set. Repeat with other arm. Do _3_ sets per session. Do _3_ sessions per week.

**SHOULDER / UPPER BACK - Raise: Forward**

Anchor tubing under feet in narrow stance. Palms down, raise arms in front to parallel.

Repeat _12_ times per set. Do _3_ sets per session. Do _3_ sessions per week.

**SHOULDER / UPPER BACK - Press: Over Head**

Anchor tubing under back foot in stride stance. Palm up, press arms up over head.

If the hand is not long enough go the opposite, seated and the band under your body.

Repeat _12_ times per set. Do _3_ sets per session. Do _3_ sessions per week.

**UPPER EXTREMITY – Wall Push-Up: Standing – Revised**

In shoulder width stance, lean to wall, hand anchored under hands. Push away. If it is too easy to do at an angle, you can do the push up on the floor.

Repeat _12_ times per set. Do _3_ sets per session. Do _3_ sessions per week.

**MEDICINE BALL - Trunk Sit-Up (Over Head)**

Hold a thoracic ball in your hands and keep it pulled to the side beyond head. Perform a sit-up. This exercise can be done with a medicine ball or with a book (yellow book).

Repeat _15_ times per set. Rest _30_ seconds after set. Do _3_ sets per session.

**UPPER EXTREMITY – Gymball Walkout: With Travel**

Walk-out to bed under hips. Walk hands in semicircle, one direction then the other. To make it harder tie the band around your hands.

Repeat _10_ times per set. Rest _30_ seconds after set. Do _3_ sets per session.

**TRUNK - Twist: Standing**

Side toward anchor in wide stance, reach toward anchor. Thumbs up, pull away from anchor. Keep arm furthest from anchor straight.

If you don’t have a place to anchor keep band open and do the twist.

Repeat _12_ times per set. Repeat from other side. Do _3_ sets per session. Do _3_ sessions per week.

**Anchor Height: Chest**
**QUADRICEPS - Squat**

In shoulder width stance, anchor tubing under feet. Palms forward at shoulder height. Squat, keeping back straight. If the band is not long enough, hold on your waists.

Repeat _12_ times per set.
Do _3_ sets per session.
Do _3_ sessions per week.

**TUBING LOOP - Leg Press: Hook Lying (Single Leg)**

Tubing around one foot, anchor with both sides, knee pulled toward chest. Push leg up, straightening knee.

Repeat _12_ times per set.
Repeat with other leg.
Do _3_ sets per session.
Do _3_ sessions per week.

**TUBING LOOP - Hip Abduction: Standing - Straight Leg**

In shoulder width stance, tubing around ankles, pull leg cut to side, keeping knee straight.

Repeat _10_ times per set.
Repeat with other leg.
Do _3_ sets per session.
Do _3_ sessions per week.

**TUBING LOOP - Hip Extension: Standing (Single Leg)**

In shoulder width stance, anchor tubing under one foot. Twist end put around other ankle. Pull same leg back, keeping knee nearly straight.

Repeat _12_ times per set.
Repeat with other leg.
Do _3_ sets per session.
Do _3_ sessions per week.

**LOWER EXTREMITY - Band Walk: Box Stepping**

Tie band around legs, just above knees. Step in pattern of a box. Repeat in opposite direction for one box.

Repeat _10_ boxes per session.

Note: Small towel between band and skin eases rubbing.

**LOWER EXTREMITY - Band Walk: Zig Zag**

Tie band around legs, just above knees. Walk forward 8 feet in a zig zag pattern. Without turning walk backward to start for one zig zag.

Repeat 4 zig zags per session.

Note: Small towel between band and skin eases rubbing.

**TRUNK - Gymball Bridging (Single Leg)**

Lie on back, calves on bed or chair. With left leg vertical, slowly raise and lower buttoccks.

Repeat _12_ times. Repeat with other leg for set.
Rest _30_ seconds after set. Do _3_ sets per session.

**LOWER EXTREMITY - Knee Extension from Bridging**

Get up to bridge position upper body on bed or chair. Straighten knee while keeping balance.

Repeat 10 times per set.
Do 3 sets per session.

**LOWER EXTREMITY - Isometric Adduction in Supine**

Lying flat on back, squeeze ball between knees. You can use a book (yellow book) instead of the ball.

Repeat _12_ times per set. Hold for _5_ sec. Do _3_ sets per session.

**UNSTABLE SURFACE - Rolled towel: Two Leg Stand (Frontal) - Arms Forward**

Stand, arms forward, feet perpendicular to length on flat towel roller.

Hold each of the checked options 10 seconds:
X Eyes open
X Head turned to one side, then other same thing with your hand up.

Do _5_ repetitions.
Do _2_ sets.

**UNSTABLE SURFACE - Rolled towel: One-Leg Stand (Sagittal)**

Standing on one foot, lengthwise on rolled towel, keep eyes on horizon. Hold as long as you can, make it harder by taking one hand to the side.

Repeat on other leg.

Do _5_ repetitions.
Do _2_ sets.

**ONE-LEG STAND - - Diagonal Plane**

Standing on one leg, hold three bend at an angle to the floor with both hands. Open hands in an oppositional motion. Repeat to each side on each leg.

Do _12_ times per set.
Do _3_ sets per session.
Do _3_ sessions per week.