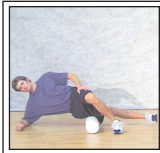




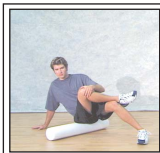
TRAINING PROGRAM: SENIOR FITNESS PHASE 2 of 3

Get more out of life by getting more out of your fun and enjoyable FreeMotion workout. By increasing your muscle strength, endurance, balance, bone density and flexibility, you will put some added bounce in your step. This second of three phases will include a number of new exercises to help take your active lifestyle up a notch to the next level.



Warm-up: Foam Roll IT-Band

Use your body weight and a foam roller to prepare your upper leg muscles and tissue to workout. The IT band warm-up will help reduce pain and tension in your thighs. Start with a 45 second warm-up on each leg.



Warm-up: Foam Roll Piriformis

This stretches the upper leg and hip. Pressure from the foam roller also helps to warm up this area. Hold this stretch for 45 seconds on each hip.



Warm-up: Foam Roll Thoracic Spine

This movement will help to reduce pain and tension along the spine. By holding this stretch for a minimum of 45 seconds, you will loosen the muscles surrounding the spine.



Warm-up: NordicTrack Incline Trainer or Treadmill Cardio

Seven minutes of brisk walking at 2.0 - 3.2 miles per hour will increase your heart rate and enhance blood flow to prepare your muscles for exertion.



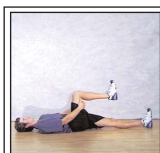
Warm-up: Wall or Stationary Object Flexibility / Pec Stretch

The Pec Stretch focuses on lengthening the muscles of your upper, middle and lower chest while engaging the muscles of your middle back to retract and stabilize. Stretch your Pecs for 30 seconds on each side.



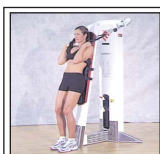
Warm-up: Wall or Stationary Object Flexibility / Calf Stretch

A thorough calf stretch is an important part of preventing injury. Hold this stretch for at least 30 seconds per calf.



Warm-up: Floor Flexibility / Hamstring 90/90 Stretch

The hamstring is one of the largest and most dense muscles in your body. It is important to prepare these muscles to prevent injury when performing lower-body exercises. Each leg should be stretched for at least 30 seconds.



Core & Balance: FreeMotion Abdominal One Arm Abdominal Crunch

The One Arm Abdominal Crunch primarily works the obliques, but also the entire mid-section. Performing them while standing will reduce stress on the neck and back. Start with 2 sets of 15 reps with a 30 second rest between sets.



Core & Balance: Floor Single Leg Balance

This exercise improves balance, coordination and strength. As you balance on one leg, you are building strength in joint stabilizing muscles, exercising the lower body. Begin with 2 sets of 15 reps with 30 seconds of rest between sets.



Strength: FreeMotion Chest Seated Back-off Pad Two Arm Chest Press

Performing a Two Arm Chest Press with your back off the pad works the chest muscles as well as incorporating the muscles of the trunk and spine. Start with 2 sets of 15 reps and add additional weight and sets as the workout weeks progress. Take a 30 second rest between sets.



Strength: FreeMotion Lat Seated Two Arm Lat Pull Down

Performing a Two Arm Lat Pull Down not only works the large muscles of the back, but also incorporates core muscles for increased stability. Begin with 2 sets of 15 reps with a 30 second break between sets.



Strength: FreeMotion Shoulder Back-off Pad Seated Two Arm Shoulder Press

Performing a Shoulder Press not only works the shoulder muscles, but also incorporates additional muscles in the arms and trunk. Start with 2 sets of 15 reps before taking a 30 second rest.



Strength: FreeMotion Quad Knee Extensions

Performed in a 'kicking' motion, this exercise works the quadriceps while strengthening the small muscles surrounding the knee. It is important to have proper posture when performing this exercise. Start with 2 sets of 15 reps per leg. Rest for 30 seconds between sets.



Strength: FreeMotion Step Step-Ups

The Step-Up stabilizes as it strengthens. The movement requires you to balance from left to right as you extend up and down from the step. You can raise the step for added intensity as you perform 2 sets of 15 reps. Take a 30 second rest between sets.



Cool Down: NordicTrack Incline Trainer or Treadmill Cardio

Seven minutes of brisk walking at 2.0 - 3.2 miles per hour will increase blood flow to muscles to help prevent cramping and loosen tight muscles post-workout.



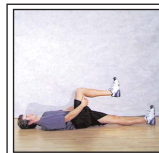
Cool Down: Wall or Stationary Object Flexibility / Pec Stretch

The Pec Stretch focuses on lengthening the muscles of your upper, middle and lower chest while engaging the muscles of your middle back to retract and stabilize. Stretch your Pecs for 30 seconds on each side during the cool down.



Cool Down: Wall or Stationary Object Flexibility / Calf Stretch

A thorough calf stretch is an important part of preventing injury. Hold this stretch for at least 30 seconds per calf.



Cool Down: Floor Flexibility / Hamstring 90/90 Stretch

The hamstring is one of the largest and most dense muscles in your body. It is important to stretch and loosen these muscles after the workout to prevent cramping and/or injury. Each leg should be stretched for at least 30 seconds.

