

# STRENGTH TRAINING FOR SENIORS

Benefits, Exercises, And Safe Progression



## ! WHY IT MATTERS AFTER 60:

Improves bone mineral density, increases muscle strength and function, minimizes mortality risk.

## PROGRESSION STEPS

### 💡 RECOMMENDED STRENGTH EXERCISES



#### Seated Overhead Press

8-10 reps  
2-3 sets



#### Chest Pull

8-10 reps  
2-3 sets



#### Dumbbell Row

8-10 reps  
2-3 sets



#### Goblet Squat

8-10 reps  
2-3 sets

### 1) Doctor Consultation

Always consult your doctor before starting.

### 2) Start Slow

Use low resistance and weights, apply slow movements.

### 3) Proper Form

Maintain proper form and speed rather than fast execution.

### 4) Gradual Progression

Slowly increase resistance as your capacity improves.

## 15-MINUTE COMBINED ROUTINE

- Warm-Up: Light general movement.
- Band Exercises: Apply resistance.
- Dumbbell Workout: Complete sets.
- Rest: Proper cooldown.



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