

Strength Training

Strength training, also called resistance training or weight training, is particularly important. It brings many benefits. First, it makes your muscles stronger. That can help you keep up the activities you enjoy—at any stage of your life.

Use it Or Lose It

Lean muscle mass naturally diminishes with age.

- ▶ Your body fat percentage will increase over time if you don't do anything to replace the lean muscle you lose over time. Strength training can help you preserve and enhance your muscle mass at any age.

Benefits of Strength Training

- ▶ Improved cognitive abilities
- ▶ Increased metabolic rate
- ▶ Improved movement control
- ▶ Improved bone density
- ▶ Reducing resting blood pressure
- ▶ Increasing lean muscle

Source: [Resistance training is medicine](#)

Important

Before starting any new exercise program check with your healthcare provider to make sure it is appropriate for you.

The following is a strength routine by Mandy Ivory, NASM Certified Trainer.

“Please warm up 5-10 minutes before and stretch afterwards. See the shoulder mobility exercise picture below that we practiced with your long resistance band to include in your warmup. A great goal is to get this routine in two to three times per week on non consecutive days.

Pair exercises 1 and 1a for three sets then move onto the next pair of exercises. Please note that you can do the recommended repetitions or set a timer for 45 seconds up to a minute for each exercise”

Mandy Ivory

NASM Certified Personal Trainer

Bent arm raise and calf raise combo with the mini doughnut band looped around your wrists. Complete 12reps



Plank hold: brace your core (squeeze your glutes and tighten your midsection). Hold 30-60 seconds. You can do this on the floor or on an incline.



Squat to overhead stretch: use your figure eight band around your wrists. Complete 12reps.



Balance bicep curls: have one foot light on the ground or lifted off the ground. Do 6 reps on each side.



Single arm row to Tricep kickback: staggered stance with feet hip width apart. Complete 12reps on each side.(3 photos)



Cont.



Lateral band walk: loop the mini doughnut band around your legs up above your knees.



Arm Stretch



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