



## Episode 10 – Healthy Seniors Fitness with Ryan Hughes

### Workout for Seniors

#### Equipment Needed:

- A chair/couch

#### Workout Circuit:

- Reach and Pick:
  - Seated in a chair, reach one arm towards the ceiling and hold for a few seconds, then alternate and use your other arm.
  - 20 – 24 reps total (10 – 12 for each arm); 2 – 3 sets
  - Rest as needed
- Sit to Stand:
  - While seated in a chair, extend your legs in front of you so they are parallel to the floor, then stand straight up and sit back down.
  - 10 – 12 reps total; 2 – 3 sets
  - Rest as needed
- Standing Lunge:
  - Stand with one leg in front of the other. Extend your arms in front of your body for balance and then dip your hips while allowing your front knee to bend so that your back knee approaches the floor, then stand back up and repeat.
  - 10 – 12 reps on each leg; 2 – 3 sets
  - Rest as needed