

IN-HOME WORKOUT

exercise guide



nifs
active aging

National Institute
for Fitness and Sport

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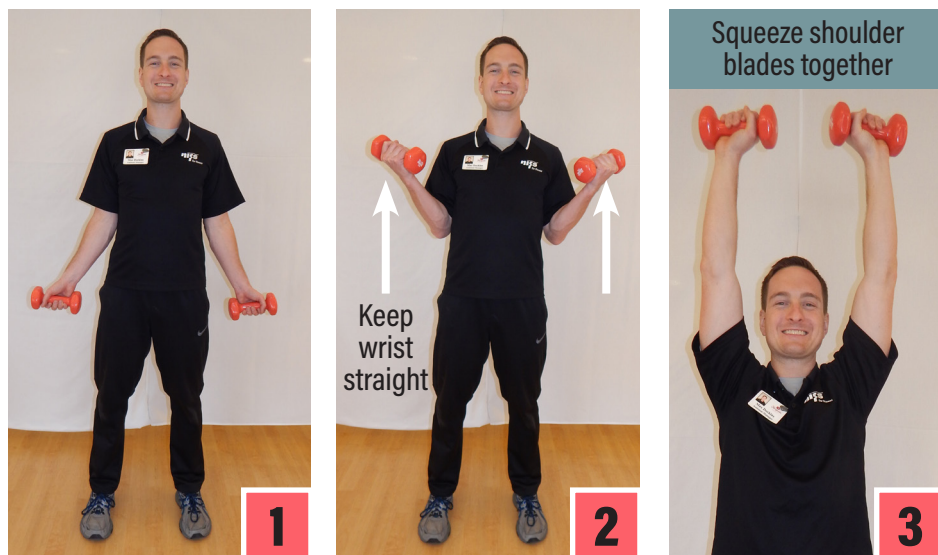
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For the Strength & Balance Exercise sessions: Use the rest of the booklet and choose four to five exercises from each section (upper body, lower body, and balance) for a total of 12-15 moves.

UPPER BODY STRENGTH EXERCISES

BICEPS CURL + SHOULDER PRESS
ALTERNATING HIGH & LOW ROW
WOOD CHOPPER
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BICEPS CURL + SHOULDER PRESS



STEP 1 Stand with feet shoulder-width apart.

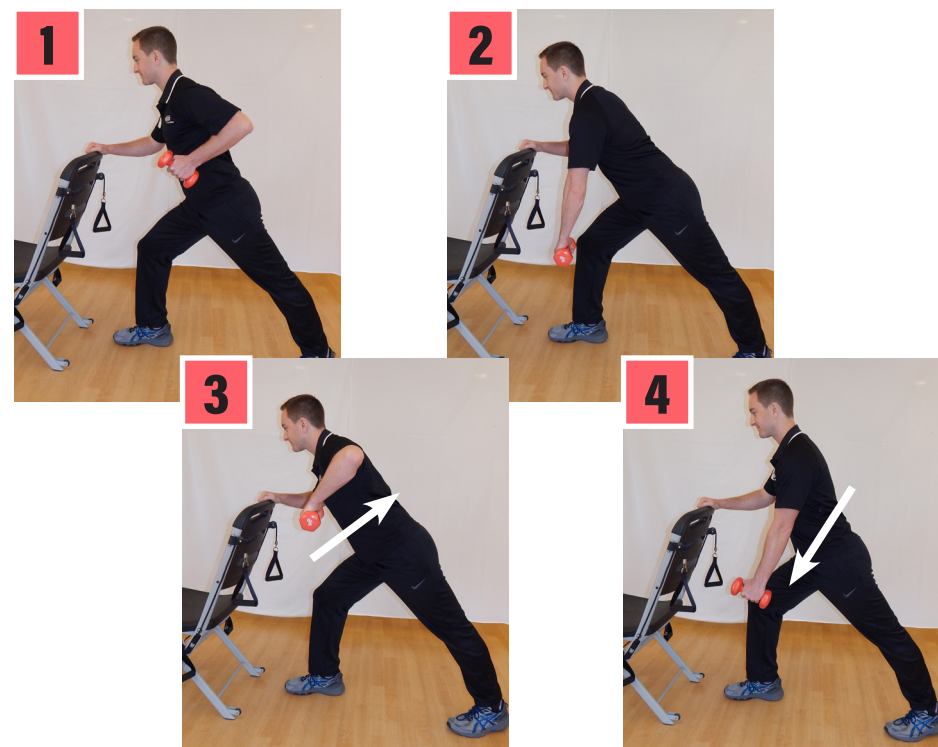
STEP 2 With a weight in each hand, slowly bend your forearm toward the shoulder, turning palm up (do not bend your wrist).

STEP 3 Pause, then squeeze shoulder blades together and press weights straight up. Bring weights back down to shoulders and lower them back down to the starting position.

Progression:

- Move feet closer together to add a balance element.
- Exchange weights for heavier ones. Be sure to start with fewer repetitions until you build up your strength.

ALTERNATING HIGH & LOW ROW



STEP 1 Stand as indicated in picture 1.

STEP 2 Place right hand on chair and weight in left hand. With left wrist and elbow in line pull back until weight is next to ribs.

STEP 3 Lower the weight and pull back with elbow wide as indicated in picture 3 and lower.

STEP 4 Alternate to complete 10.

Repeat with right arm.

WOOD CHOPPER



Stand as tall as possible, keeping core muscles tight.

STEP 1 Begin with both hands clasped above the right shoulder.

STEP 2 Swing hands down to the left hip as you twist at the waist. Repeat with hands over left shoulder and pulling down to right hip.

Progression:

Add a weight or water bottle to your hands.



SEATED HIP HINGE



Begin seated tall in a chair with feet flat on the floor.

STEP 1 Keeping shoulders back and your back as straight as possible, hinge forward at the hips until you feel your back start to round.

STEP 2 Using glutes and hamstrings, pull yourself back up to sitting straight.

Progression:

- Add weights in each hand to make the exercise harder.
- Progress to a standing version as balance and strength permits.

WALL PUSH-UP



Begin standing with feet hip-width apart, toes pointed forward towards a wall (do not lock your knees), and place your hands shoulder-width apart on the wall.

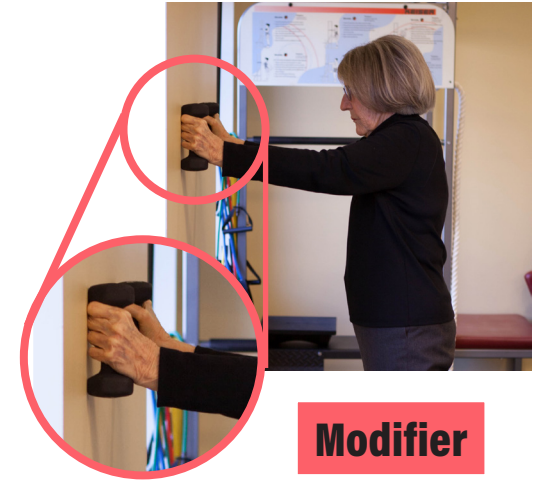
STEP 1 Keeping your shoulder back and your back as straight as possible, lower your torso towards the wall.

STEP 2 Then, press into the wall to bring your torso away from it.

Progression:

- Start with your feet further from the wall to make the exercise harder.
- Move your hands wider apart to target different muscles.

WALL PLANK



Begin standing with feet hip-width apart, toes pointed forward towards a wall (do not lock your knees).

Keep hands shoulder-width apart on the wall. Your feet should be far enough away from the wall that you need to engage your core muscles to keep torso and legs in a straight line.

Modifier: If your wrists get sore when hands are bent at a right-angle, feel free to hold small dumbbells in your hands so wrists can be in a more comfortable position.

Progression:

- The further away from the wall your feet are, the tougher the exercise will be.
- To make it even harder, place forearms on the wall instead of your hands.

CHAIR STAND



STEP 1 Begin seated with ankles in line with knees and toes straight forward.

STEP 2 Press through the heels, squeeze glutes and lift up to standing.

STEP 3 Slowly lower back down to seated (no plopping!).

Progression:

- Start at max (do as many as you can comfortably) and increase by one to two repetitions each week.
- Add weights to hands for an extra challenge.

HIP ABDUCTION



STEP 1 Stand with feet together—posture is tall: shoulders back and crown of the head reaching for the ceiling.

STEP 2 Shift all weight into left leg, keep right leg straight and slowly lift it out to the

side. Be sure to lead out with the heel and keep the toes pointing straight forward. Slowly lower back to ground.

Repeat 10x.

Progressions:

- Opposite arm lift—Reach opposite arm straight out to the side with leg lift.
- Same arm lift—Reach same arm overhead with leg lift.
- Opposite & hold—Reach opposite arm out to side and hold for 5+ seconds. Try this 3x on each side.

CALF RAISES



STEP 1 Begin standing with feet hip-width apart and toes straight forward.

STEP 2 Keeping legs straight, lift heels straight up (without the hips swinging forward—all movement is in ankle).

Progression:

- Holds—lift heels and hold for 3 seconds; slowly lower heel back down to the ground.
- Alternating arm raise—raise one arm overhead at a time while lifting both heels.
- Arm raise & hold—combine progressions 1 & 2.

HIP FLEXION



Stand with feet together—posture is tall: shoulders back and crown of the head reaching for the ceiling. Shift all weight into left leg, keep the right leg straight and slowly lift it out to the front. Keep posture tall through the whole move. Slowly lower foot back to the ground.

Repeat using left leg.

Progression:

- Holds—lift heel and hold for 3 seconds; slowly lower heel back down to the ground.
- Alternating arm raise—raise one arm overhead at a time while lifting leg to the front.
- Arm raise & hold—combine progressions 1 & 2.

HIP EXTENSION



Stand with feet together—posture is tall: shoulders back and crown of the head reaching for the ceiling. Shift all weight into left leg, keep the right leg straight and slowly lift it back. Be sure you lead out with the heel and keep toes pointing straight forward. Keep your head pointed towards the ceiling through the whole move—don't lean forward. Slowly lower the foot back to ground. Repeat using left leg.

Progression:

- Opposite arm lift—Reach opposite arm straight out to the side with leg lift.
- Same arm lift—Reach same arm overhead with leg lift.
- Opposite & hold—Reach opposite arm out to side and hold for 5+ seconds. Try this 3x on each side.

STANDING LEG CURLS



STEP 1 Begin by standing with feet together.

STEP 2 Bend one knee and bring foot up as high as you can behind you. Bring foot back to floor.

Repeat 10x on each side.

Progression:

- Perform the exercise without holding on to the chair.
- Perform the exercise with eyes closed.

LUNGES



STEP 1 Stand with feet together.

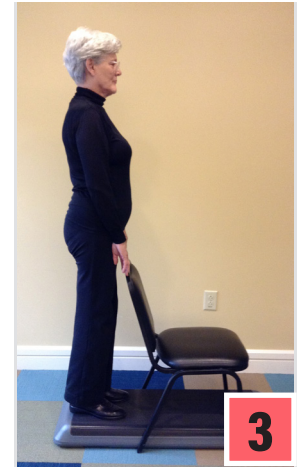
STEP 2 Take a step back and bend both knees into a “lunge” position. Be sure to keep the knee in line with the toe, but don’t let the knee bend past the end of the toe.

STEP 3 Straighten both legs and step feet back together. Step back with the opposite foot and repeat. Alternate legs up to 20 repetitions total.

Progression:

- Try a few repetitions without holding on to the chair.
- Start with both feet on a foam pad (the foot that steps back will step off the foam pad for the “lunge” portion of the exercise).

STEP UP



STEP 1 Stand up tall, shoulders back, and buttocks tucked in. Keep head level and eyes focused on a visual target at eye level.

STEP 2 Step up onto the platform, leading with your right foot.

STEP 2 Pause at top with both feet on platform, then step back down (again, leading with your right foot). Take another step up and down, but this time lead with your left foot.

Alternate steps up to 20 total steps.

Progression:

- Try steps without holding on.
- Try to fatigue one side at a time by not alternating the lead foot and instead doing 10 in a row leading with the right foot and then 10 in a row leading with the left foot.

WALL SQUAT



STEP 1 Stand up tall with feet hip-width apart and a stability ball between your lower back and the wall. Feet should be slightly further from the wall than hips.

STEP 2 Keep eyes pointed forward. Slowly bend the knees and lower your body into a squat position. Control the speed and stand back up so your knees are straight.

Repeat up to 10x.

Progression:

- Hold for 3 seconds at the bottom of the squat before standing back up.
- Try a few repetitions with eyes closed. (Have a spotter next to you in case you start to feel unstable.)

TOE RAISES



Ver. A: Seated

Begin seated or standing with feet hip-width apart and toes straight forward.

Keeping legs straight, lift the toes straight up and lower them back to the ground in a controlled manner.



Ver. B: Standing

Progression: Version B

- Perform the exercise standing rather than seated.
- Try it without holding on to the chair.
- Alternating arm raise and coordination—raise one arm overhead at a time while lifting opposite toes.

SINGLE LEG STANCE



Stand tall with one foot lifted. Stare at something straight ahead and hold a tall posture for 30 seconds.

Progression:

- Begin by holding onto a stable chair during the exercise.
- Lift hand from the chair and hold for 30 seconds without extra support.
- Add movement—Alternate bicep curls or lateral arm raises to add more instability.

MARCH WHILE READING



- STEP 1** Stand as tall as possible, keeping core muscles tight.
- STEP 2** March in place while reading a book, newsletter, or paper.

Progression:

- Hold the book straight out in front of you instead of down.
- Pause at the “lift” part of each, holding foot off the ground for 1-3 seconds.

TANDEM WALK

Stand tall, shoulders back.
As you walk, touch your heel to your opposite toe with each step as if you were walking on a balance beam or tight rope.
It's best to perform this exercise next to a wall or balance bar for support if needed.



Progression:

Add head turns as you walk.

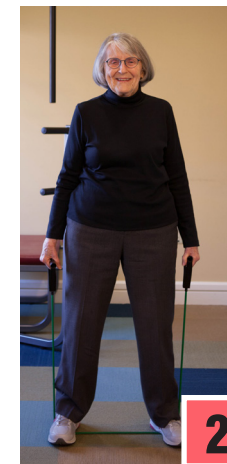
SIDE STEPS



Without Band

- STEP 1** Stand tall with feet together.
- STEP 2** Step out to the side and then back together.

With Band



Progression: With Band

- Add an exercise band under your feet to make it a strength exercise too.
- Try a few repetitions with eyes closed. (Have a chair in front of you in case you start to feel unstable.)

CONE TOE TAP



Sit or stand tall with a cone about 6-12 inches in front of you. With alternating feet, tap the top of the cone gently with your toes. Try not to knock the cone over.

Progression:

- If you were seated at first, try it standing while holding on to the chair.
- Try standing repetitions without holding on to the chair.
- Speed up your steps for more of a challenge.

TANDEM STANCE WITH ARM CIRCLES



Stand tall with feet in tandem stance (one foot in front of the other, heel to toe).

Extend arm to the side and perform 5 arms circles with finger tips pointed up and 5 more arm circles with finger tips pointed down.

Repeat on the other side.

Progression:

- Let go of the chair for more of a challenge.
- Try a slightly different stance—step forward with one foot so they are still in line, but there is a space between the heel of the front foot and the toe of the back one.

Contact your NIFS staff
with any questions.



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