

# FIT AT ANY AGE



ACTIVE LIVING IDEAS FOR THE YOUNG AT HEART. ALL WORKOUTS ARE LOW IMPACT AND FOCUS ON ACTIVITIES OF DAILY LIVING.

- ▶ **Please speak with your doctor before making any big changes in your exercise plan.**



# WELCOME



Participants from the Fitness Warriors class at Southside Community Center

Hello,

We are the Fitness Warriors, a program of Sports Backers. Prior to COVID-19, we hosted free group fitness classes in communities in Richmond, Petersburg, Charles City, Colonial Heights, Henrico, Chesterfield, Dinwiddie, Amelia, Hopewell and Jarrett, Virginia. We miss our community and wanted to offer a guide for those 55 and up who may need some assistance in coming up with safe, low impact workouts they can do in the comfort of their homes.

This guide can be printed or sent electronically. It is interactive if being viewed on a pc or a cellular device. Please see information above each section of interactive capabilities.

If you have questions or concerns please reach out to us at [RVAFitnessWarriors@gmail.com](mailto:RVAFitnessWarriors@gmail.com)

## WARM- UP

The goal is to get your heart rate up and get your muscles ready for the exercises to come.

Complete 3 sets of each exercise for 30 seconds with a 20 second break between each exercise. **All exercises can be done standing or sitting.**

### ➔ March in Place



Sitting straight up with your back off of the chair, lift your right knee as high as you can. Lower it, then lift the left leg.

### ➔ Seated Jumping Jacks



Start with knees bent and arms resting at your sides; then extend your legs, straight and wide, with heels on the floor, and raise your arms in a V.

Then bring your limbs back to the center.

### ➔ Shoulder Openers



Form a goalpost with your arms: Keep your upper arms (shoulders to elbows) parallel to the floor and your lower arms (elbows to hands) perpendicular to it. Bring your forearms together

in front of your face. Return your arms to the starting point, squeezing your shoulder blades together.

Image Source: [Diabetesforecast.org](http://Diabetesforecast.org)

### ➔ Toe Taps



Participants from Fitness Warriors' class at Stonebridge Rec Center

Standing with both legs shoulder width apart, place hands on hip. Point your toe to the ceiling and reach your right heel out to the right as far as comfortable. Bring leg

back to starting position then repeat on the other side.

# EXERCISE FOR BALANCE

These exercises are to help you with balance. Balance is the ability to move without falling and distributing weight from one foot to the other.

## ➔ Single Leg Stand

Grab a chair and take your time.



Stand behind a steady, solid chair (not one with wheels), and hold on to the back of it. Lift up your right foot and balance on your left foot. Hold that position for as long as you can, then switch feet.

The goal is to stand on one foot without holding onto the chair and hold that pose for up to a minute.

## ➔ Walking Heel to Toe



Put your right foot in front of your left foot so that the heel of your right foot touches the top of the toes of your left foot. Move your left foot in front of your right putting your weight on your heel.

Then, shift your weight to your toes. Repeat the step with your left foot. Walk this way for 20 steps.

## ➔ Rock the boat



Stand with your feet apart, so that the space between them is the same width as your hips. Make sure both feet are pressed into the ground firmly. Stand straight, with your

head level. Then, transfer your weight to your right foot and slowly lift your left leg off the ground. Hold that position for no more than 30 seconds. Slowly put your foot back onto the ground, then transfer your weight to that foot. Slowly lift your opposite leg. Start by doing this exercise for balance five times per side, then work your way up to more repetitions.



Participants from the Fitness Warriors class at the Petersburg Public Library

## ➔ Clock Reach



You'll need a chair for this exercise. Imagine that you are standing in the center of a clock. The number 12 is directly in front of you and the number 6 is directly behind you. Hold the chair with your left hand. Lift your right leg and extend your right arm so it's pointing

to the number 12. Next, point your arm towards the number three, and finally, point it behind you at the number 6. Bring your arm back to the number three, and then to the number 12. Look straight ahead the whole time. Repeat this exercise twice per side.

## ➔ Back Leg Raise



Stand behind a chair. Slowly lift your right leg straight back – don't bend your knees or point your toes. Hold that position for one second, then gently bring your leg back down. Repeat this ten to 15 times per leg..

This strength training exercise makes your bottom and your lower back stronger

Continue reading on next page >

# EXERCISE FOR BALANCE

It's best to start off with a simple balance exercise.

## ➔ Single Leg Stance with Arm Reach



This balance exercise improves your physical coordination. Stand with your feet together and arms at your side next to a chair. Lift your left hand over your head. Then, slowly raise your left foot off the floor. Hold that

position for ten seconds. Repeat the same action on the right side.



**Participants from the Fitness Warriors class at 4th Avenue Apartments**

## ➔ March in Place



You can do this exercise seated as well. If you need to hold onto something, do this exercise behind a chair. Standing straight, lift your right knee as high as you can. Lower it, then lift the left leg. Lift and lower your legs 20 times.

## ➔ Side Leg Raise



Stand behind the chair with your feet slightly apart. Slowly lift your right leg to the side. Keep your back straight, your toe facing forward, and stare straight ahead. Lower

your right leg slowly. Repeat this exercise ten to 15 times per leg.

## ➔ Calf Raises

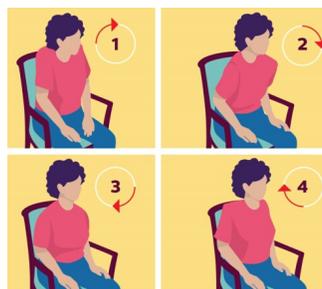


Stand straight and put your arms in front of you. Raise yourself up on your toes as high as you can go, then gently lower yourself. Don't lean too far forward on the chair or counter. Lift and lower yourself 20 times.



**Participants from Fitness Warriors' class at Cross Pointe Church of the Nazarene**

## ➔ Shoulder Rolls



You can do these seated or standing. Rotate your shoulders gently up to the ceiling, then back and down for 30 seconds. Next, do the same thing, but roll them forwards and then down.

Source: [www.lifeline.ca/en/resources/14-exercises-for-seniors-to-improve-strength-and-balance/](http://www.lifeline.ca/en/resources/14-exercises-for-seniors-to-improve-strength-and-balance/)

Continue reading on next page >

# CORE EXERCISE

Your abdominal, or core, are important muscles to work. They are engaged in every functional movement such as standing, walking and lifting.

## ➔ Seated Twist



Seated Twists

Sitting in a chair place your feet flat on the ground. Relax your shoulders and turn slowly while twisting to the left then back to the start position. Repeat on the on the right side. Do three sets of 15 reps each.

## ➔ Knee Extensions



Knee Extensions

Begin seated in a chair with your back straight and knees bent. Slowly extend your right leg forward and hold for a few seconds before lowering back to starting position. Repeat with your left leg. Do 10 reps per leg.

## ➔ Side Bends



Side Bends

Sit on a chair with your feet flat on the floor. Place one hand behind your head and the other arm stretched out to one side. Lean over to the side as if reaching toward the floor.

## ➔ Seated Knee Lifts



Seated Knee Lifts

Begin seated on a chair. Slowly draw both of your knees towards your chest until they touch your chest or until your legs touch your abs. Perform 15 to 20 repetitions for one set, and complete three sets total.

Contract your obliques and return to the starting position, while keeping your chest from falling forward and keeping your feet flat on the floor. Repeat five times on each side.

## ➔ Tummy Twist



Tummy Twists

Begin seated, holding a object with hands close to your stomach and elbows slightly bent. Slowly rotate your torso to the right as much as you comfortably can, while keeping the rest of your body stable. Return to the center and repeat on the left. Repeat until you complete 8 twists per side.

## ➔ Leg Lifts



Leg Lifts

Lie on your back with legs flat against the ground or bed and feet relaxed. Contract your abdominal muscles while raising one leg 5 inches off the floor and hold for 3 seconds. Lower and repeat on your other leg. Repeat 5 times each side.

## ➔ Bicycles



Bicycle

Lie on your back with your hands behind your head. Bend your knees and lift your feet so your calves are parallel to the floor. Bring one knee to your chest while reaching for it with your elbow on the opposite side. Repeat on the other side, and continue with repetitions for 30 seconds. Rest for one minute, and repeat with another 30-second set.

Source: [www.lifeline.ca/en/resources/14-exercises-for-seniors-to-improve-strength-and-balance/](http://www.lifeline.ca/en/resources/14-exercises-for-seniors-to-improve-strength-and-balance/)

# STRENGTH WORKOUT

Building strength doesn't only help with mobility but it improves mood. **Try these workouts with NO weight at first, then increase by using a hand weight or household item.**



## Wrist Curls



Wrist Curls

Place your forearm on a chair's armrest with your hand hanging over the edge. Hold a weight with your palm facing upward. Slowly bend your wrist up and down,

then repeat 10 times. Switch sides, and perform 10 reps with your other hand. Repeat one more set of 10 on each side.



## Bicep Curls



Bicep Curls

Choose 2 cans or water bottle heavy enough that you can only complete 10-12 reps. Begin sitting in a chair with one dumbbell in each hand, with your palms facing forward, keeping your elbows close to your sides. Bend your

arm at the elbows to lift the dumbbell  $\frac{3}{4}$  of the way to your shoulders, without moving your elbows away from your side. Do 10 to 12 repetitions per arm.

## Squat



Partial Squat, and Half-Squat Against a Wall

Begin standing up, using a chair for support. Bend your knees as far as you comfortably can without having your knees pass your toes, then return to the starting position.

Repeat 10 times.

For a more advanced version try the half-squat against the wall: perform this against the wall and bend your knees to almost 90 degrees as if you were sitting on an invisible chair.

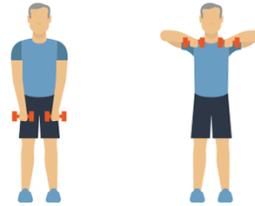
Source: [www.lifeline.ca/en/resources/14-exercises-for-seniors-to-improve-strength-and-balance/](http://www.lifeline.ca/en/resources/14-exercises-for-seniors-to-improve-strength-and-balance/)

## HOUSEHOLD WEIGHTS

water bottle	16.9 oz	1 lb
Half full half gallon milk jug		2 lbs
Bag of sugar		5 lbs



## Upright Row



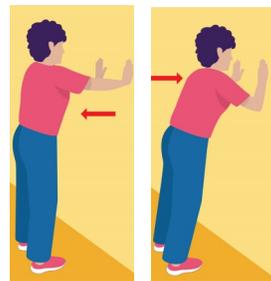
Upright Front Row

Begin standing with your feet shoulder-width apart, knees slightly bent, and partially leaning forward. Hold one can or water bottle in each hand in front of you,

with palms facing toward your body. Lift both dumbbells toward your chin while keeping your back straight and shoulders stationary. Return to starting position and repeat 10 times.



## Wall Push Ups



Stand an arm's length in front of a wall that doesn't have any paintings, decorations, windows or doors. Lean forward slightly and put

your palms flat on the wall at the height and width of your shoulders. Keep your feet planted as you slowly bring your body towards the wall. Gently push yourself back so that your arms are straight. Do twenty of these.

# COOL DOWN

Cooling down helps to bring your heart rate down to where it was prior to working out. Complete at least 30 seconds with a 30 second break between each exercise. **All exercises can be done standing or sitting. Work up to completing 4 sets of each exercise as your cool down.**



## March in Place



Sitting straight up with your back off of the chair, lift your right knee as high as you can. Lower it, then lift the left leg.



## Shoulder Openers

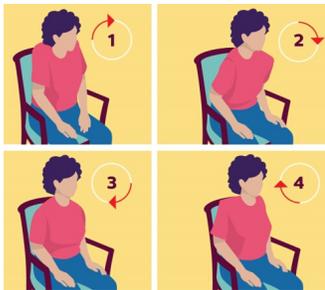


Form a goalpost with your arms: Keep your upper arms (shoulders to elbows) parallel to the floor and your lower arms (elbows to hands) perpendicular to it. Bring your forearms together

in front of your face. Return your arms to the starting point, squeezing your shoulder blades together.



## Shoulder rolls



You can do these seated or standing. Rotate your shoulders gently up to the ceiling, then back and down for 30 seconds. Next, do the

same thing, but roll them forwards and then down.

Image Source: Diabetesforecast.org



## Toe Taps



Standing with both legs shoulder width apart, place hands on hip. Point your toe to the ceiling and reach your right heel out to the right as far as comfortable. Bring leg

back to starting position then repeat on the other side.



**Participants from the Fitness Warriors class at Colonial Heights Community Building**



## Finger exercise



Pretend there's a wall in front of you. Use your fingers to climb the wall until they're above your head. While holding your arms above your head, wiggle your fingers for ten seconds.

Then, walk them back down.

# STRETCHES

Cooling down helps to bring your heart rate down to where it was prior to working out. You can head back to page 1 to do the warm up as a cool down. Stretching allows the body to develop and maintain strength, improve flexibility and help with blood flow. **Try these moves in or out of your chair. Remember if you feel any dizziness when bending over or suffer from diabetes, DO NOT place your head below your knees. Only go as far as comfortable.**



## Chest Stretch



Chest Stretch

Begin seated with relaxed shoulders. Pull extended arms back while grabbing one hand, keeping both hands down near the buttocks. Pull your shoulders back and hold for 30 seconds and release.



## Neck Stretch



Neck Stretch

Begin seated and slowly tilt your head to your right shoulder. Hold this position and extend your left arm to the side and downward at waist level. Release, then repeat on the left side. Repeat twice on each side.



## Upper Back Stretch



Upper Back Stretch

Begin seated with relaxed shoulders. Extend arms forward at shoulder height and grab one hand with the other and push outwards while pulling your back and shoulders forward.

Hold for 20 seconds and release.  
Goal is to Repeat up to 4 times.



## Sit and Reach



Sit and Reach Stretch

Sit at the edge of a chair and extend your legs forward with your knees slightly bent. Keep your heels on the floor and toes pointed toward the ceiling. Extend both arms in front and reach to touch your toes, while slowly bending at the waist without bouncing. Hold for 30 seconds then return to resting position.



## Inner Thigh Stretch



Inner Thigh Stretch

Begin standing with your feet slightly wider than hip-width apart and toes pointing slightly outward. Use the back of a chair for balance. Slowly lean to your left side by bending your left knee while keeping your right leg straight. Keep your left knee from passing your toes. Hold for 30 seconds then return to resting position and repeat on the right.

Source: [www.lifeline.ca/en/resources/14-exercises-for-seniors-to-improve-strength-and-balance/](http://www.lifeline.ca/en/resources/14-exercises-for-seniors-to-improve-strength-and-balance/)



**Participants from Fitness Warriors' class at Great Hope Baptist Church**

Continue reading on next page >

# VIDEO WORKOUTS

## Chair Fitness with Warrior Shirt!

An expecting mom, Shirt Lynch- Johnson shared her talents and love for fitness on a weekly basis prior to COVID-19 at St Paul's Baptist Church and The Robinson Theater. The pandemic hasn't stopped her from sharing her love for fitness with you. You can participate in this low impact chair workout by clicking the YouTube image beside your selection.



 Part 1 Duration: 7 minutes Low Impact  
[youtube.com/watch?v=1zAlkguFaRA&t=33s](https://youtube.com/watch?v=1zAlkguFaRA&t=33s)

 Part 2 Duration: 4 minutes Low Impact  
[youtube.com/watch?v=4HJwMuoDOjk&t=7s](https://youtube.com/watch?v=4HJwMuoDOjk&t=7s)

 Part 3 Duration: 5 minutes Low Impact  
[youtube.com/watch?v=wTUjLC7ywhl](https://youtube.com/watch?v=wTUjLC7ywhl)

## Dance Fitness with Warrior Arlene

Arlene Cary is known in the Tri-Cities area as a dancing queen. With a certification in Zumba and MixedFit, this Warrior has worked hard on her craft and enjoyed sharing this passion with her class participants 3 times per week before COVID-19. A teacher, wife, mother and grandma, this amazing Warrior has brought you several workouts you can do and sing along to! You can participate in this low impact dance workout by clicking the YouTube icon beside your selection. Arlene will be starting live via ZOOM on Mondays at 6pm on April 27,2020.Email us for the link: Rvafitnesswarriors@gmail.com

 Dance Fitness 1 Duration: 5 minutes  
[youtube.com/watch?v=PDB-KUWLwew](https://youtube.com/watch?v=PDB-KUWLwew)

 Dance Fitness 2 Duration: 3 minutes  
[youtube.com/watch?v=HSbCrFjseDg](https://youtube.com/watch?v=HSbCrFjseDg)

 Dance Cool down 3 minutes  
[youtube.com/watch?v=77Q05n0Kf2w](https://youtube.com/watch?v=77Q05n0Kf2w)



**Participants from Fitness Warriors' at Metropolitan Baptist Church in Petersburg**



# LIVE WORKOUTS

## Fitness Warriors are LIVE on Zoom

There's nothing like face to face interaction, so in this time we are creating that virtually! Join us starting on April 27th for our FREE Digital Fitness Class series. You can join in a fun workout on Mondays at 6 pm- Zumba, Wednesdays at noon- Cardio + Strength and Fridays at 10 am- Chair Fitness! Our Fitness Warriors will be bringing you the best of them every week! Email us for a link to join in.

*Starting 4/27*

### Zumba

**Mondays at 6 pm**

A calorie-burning dance fitness party combining all elements of fitness- cardio, muscle conditioning, balance and flexibility!

**DM US FOR THE LINK!**

**Arlene Cary**

**SPORTS BACKERS FITNESSWARRIORS**

### Mondays at 6 pm with Arlene Starting April 27, 2020

Be sure to try a video or two above. Or enjoy this 4 minute Zumba workout created at Hopewell's Riverwalk.

[youtube.com/watch?v=Gkgc6eMOIGc](https://youtube.com/watch?v=Gkgc6eMOIGc)

*Starting 4/29*

### Cardio + Strength

**Wednesdays at 12 pm**

A cardio, strength training, and equipment optional workout done to a variety of music.

**DM US FOR THE LINK**

**Elicia Gordon**

**SPORTS BACKERS FITNESSWARRIORS**

### Wednesdays at Noon with Elicia Starting April, 29, 2020

This is a higher intensity workout bringing you the best in cardio and strength. You can check out this strength workout on our YouTube.

[youtube.com/watch?v=E4UEuhIIFMU](https://youtube.com/watch?v=E4UEuhIIFMU)

*Starting 5/1*

### Chair Fitness

**Fridays at 10 am**

Low-impact party designed to give you a full body workout w/out a lot of standing! Perfect for active older adults and those returning to exercise.

**DM US FOR THE LINK**

**Theresa Caldwell**

**SPORTS BACKERS FITNESSWARRIORS**

### Fridays at 10 am - Theresa Caldwell Starting May 1, 2020

Check out Theresa's 20 minute chair routine in front of the Petersburg Public Library.

[youtube.com/watch?v=yvm7Fs5LnpM](https://youtube.com/watch?v=yvm7Fs5LnpM)

**Email us for the link! Be sure to include the class you would like to take!**  
**[RVAFitnessWarriors@gmail.com](mailto:RVAFitnessWarriors@gmail.com)**

# CONNECT WITH US

If you are viewing this on your pc or phone you can click the link or image to get to each site. Don't forget to like, share and comment!



Looking for a quick workout or to find other like minded people? Check us out on Facebook.

[Facebook.com/rvafitnesswarriors](https://www.facebook.com/rvafitnesswarriors)



You can stay in the know on the "gram" as well!

[instagram.com/rvafitnesswarriors](https://www.instagram.com/rvafitnesswarriors)



You can keep up with us online!

[RVAFITNESSWARRIORS.ORG](https://www.rvafitnesswarriors.org)



## Who are the Fitness Warriors?

The Sports Backers' Fitness Warriors program trains area residents who have talent, passion, and potential to be professional fitness instructors for Richmond's communities with the highest rates of chronic disease. Whether you're looking for a fun way to get moving or need a supportive group to keep you motivated, we offer FREE fitness classes for every level of fitness!

Email us at: [RVAFitnessWarriors@gmail.com](mailto:RVAFitnessWarriors@gmail.com)

WRITTEN BY TIFFANY COPELAND  
FITNESS WARRIOR PROGRAM MANAGER  
ACE CERTIFIED GROUP FITNESS INSTRUCTOR  
ALL SOURCES ARE SITED