



**a team building program that promotes
healthy lifestyle behaviors for aging adults**

Lifelong Improvements Through Fitness Together ©

Program Manual Citation:

Harden SM, Wilson ML, Estabrooks PA, and Members of the Physical Activity Leadership Team of Virginia Cooperative Extension. (2018). Lifelong Improvements through Fitness Together Program Manual. Blacksburg, VA: Virginia Tech.

Citation for Process of Adapting Previous Interventions to LIFT:

Wilson ML, Strayer TE 3rd, Davis R, Harden SM. Informed Adaptations of a Strength-Training Program through a Research-Practice Partnership. Front Public Health. 2018 Mar 2;6:58. doi: 10.3389/fpubh.2018.00058. eCollection 2018.

Citation for Initial Reach and Effect of LIFT:

Wilson ML, Strayer TE 3rd, Davis R, Harden SM. Use of an Integrated Research-Practice Partnership to Improve Outcomes of a Community-Based Strength-Training Program for Older Adults: Reach and Effect of Lifelong Improvements through Fitness Together (LIFT). Int J Environ Res Public Health. 2018 Jan 31;15(2). pii: E237. doi: 10.3390/ijerph15020237.

This guidance is educational in nature and is not meant to take the place of medical services which may be needed. Not all exercises are suitable for everyone. It is recommended that you consult with your physician before beginning this program. When participating in physical activity, there is always risk of injury or soreness. If at any point during your workout you begin to feel faint, dizzy, or have physical discomfort, you should stop immediately. If you engage in this exercise program, you do so at your own risk, you are voluntarily participating in these activities, and you assume all risk of injury to yourself and release any LIFT instructor from any and all liability.

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EXERCISE FLIP CHART



Wide Leg Squat



Standing Leg Curl



Knee Extension



Side Hip Raise



Biceps Curl



Overhead Press



Seated Row



Toe Stand



Tree Stand



Seated Figure 4



Pyramid



Half Moon



Back Scratch



Full Body Exercises

with contributions from:

www.Go4Life.org

Strong Women, Strong Bones (doi: 10.1001/jama.1994.03520240037038)

Stay Strong, Stay Healthy (doi:10.1177/0898264313507318)



WIDE LEG SQUAT



DO:

- Engage your core.
- Pull your belly button towards your spine.
- Shift your weight into your heels and lift your toes.
- Keep your knees behind your toes.
- Sit down and back like using the restroom.

DON'T:

- Sit down too quickly.
- Lean your weight too far forward or on your toes when standing up.
- Hold your breath.

1. Sit toward the front of a sturdy, armless chair with knees bent and feet flat on floor, shoulder-width apart.
2. Lean back with your hands crossed over your chest. Keep your back and shoulders straight throughout exercise. Breathe in slowly.
3. Breathe out and bring your upper body forward until sitting upright.
4. Extend your arms so they are parallel to the floor and slowly stand up while you breathe in.
5. Breathe out as you slowly sit down.
6. Complete one set of 10-15 repetitions
7. Rest for 15 seconds, then complete one more set of 10-15 reps

STANDING LEG CURL



DO:

- **Keep the thigh of the working leg in line with the thigh of the supporting leg at all times.**
- **Keep the ankle of the working leg flexed.**
- **Bend at the knee like you are trying to touch your heel to your bottom.**

DON'T:

- **Arch your back.**
- **Hold your breath.**

1. Stand behind a sturdy chair, holding on for balance. Breathe in slowly.
2. Breathe out as you slowly bring your heel up toward your buttocks as far as possible. Bend only from your knee, and keep your hips still. The leg you are standing on should be slightly bent.
3. Hold position for one second.
4. Breathe in as you slowly lower your foot to the floor.
5. Complete one set of 10-15 repetitions for each leg.
6. Rest for 15 seconds, then complete one more set of 10-15 reps for each leg.

KNEE EXTENSION



DO:

- **Keep your ankle flexed.**
- **Extend your leg as if you were kicking a ball away from you.**

DON'T:

- **Arch your back.**
- **Hold your breath.**
- **Lock your knee.**

1. Sit in a sturdy chair with your back supported by the chair. Only the balls of your feet and your toes should rest on the floor. Put a rolled bath towel at the edge of the chair under thighs for support. Breathe in slowly.
2. Breathe out and slowly extend one leg in front of you as straight as possible without locking the knee.
3. Flex foot to point toes toward the ceiling. Hold position for one second.
4. Breathe in as you slowly lower leg back down.
5. Complete one set of 10-15 repetitions for each leg
6. Rest for 15 seconds, then complete one more set of 10-15 reps for each leg

SIDE HIP RAISE



DO:

- **Keep your toes facing forward throughout the move.**
- **Keep your torso upright.**

DON'T:

- **Lock your knee on the supporting leg.**
- **Raise your leg more than 12 inches.**
- **Lean to either side.**

1. Stand behind a sturdy chair with feet slightly apart, holding on for balance. Breathe in slowly.
2. Breathe out and slowly lift one leg out to the side. Keep your back straight and your toes facing forward; the leg you are standing on should be slightly bent.
3. Hold position for one second.
4. Breathe in as you slowly lower your leg.
5. Complete one set of 10-15 repetitions for each leg.
6. Rest for 15 seconds, then complete one more set of 10-15 reps for each leg.

BICEPS CURL



DO:

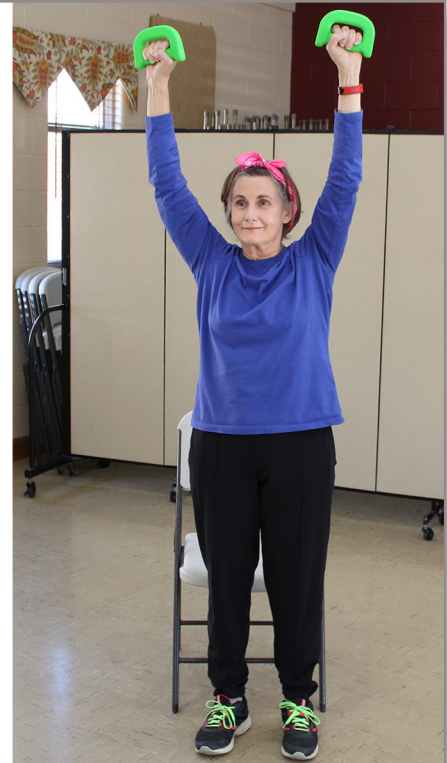
- **Keep your wrists straight and elbows by your sides.**
- **Hold dumbbells securely without clenching fists.**
- **Keep shoulders relaxed, pressed down, and back.**
- **Maintain a straight back.**
- **Try to meet your forearm to your bicep.**
- **Engage your core.**

DON'T:

- **Let your upper arms or elbows move away from the sides of your body.**
- **Hold your breath.**

1. Stand with your feet shoulder-width apart.
2. Hold weights straight down at your sides, palms facing forward. Breathe in slowly.
3. Breathe out as you slowly bend your elbows and lift weights toward chest. Keep elbows at your sides.
4. Hold the position for one second.
5. Breathe in as you slowly lower your arms.
6. Complete one set of 10-15 repetitions.
7. Rest for 15 seconds, then complete one more set of 10-15 reps.

OVERHEAD PRESS



DO:

- **Keep your wrists straight.**
- **Relax your neck and shoulders.**
- **Breathe regularly throughout the exercise.**
- **Reach your arms high above your head like you are punching the ceiling, keeping a slight bend in arms.**
- **Lower your arms to starting point at shoulder height.**

DON'T:

- **Lock your elbows.**
- **Arch your back.**
- **Let the dumbbells move too far in front of your body or behind it.**

1. You can do this exercise while standing or sitting in a sturdy, armless chair.
2. Keep your feet flat on the floor, shoulder-width apart.
3. Hold weights at your sides at shoulder height with palms facing forward. Breathe in slowly.
4. Slowly breathe out as you raise both arms up over your head, keeping your elbows slightly bent.
5. Hold the position for one second.
6. Breathe in as you slowly lower your arms.
7. Complete one set of 10-15 repetitions.
8. Rest for 15 seconds, then complete one more set of 10-15 reps.

SEATED ROW



DO:

- **Keep back straight and head and chest up.**
- **Squeeze your shoulder blades together.**
- **Be sure to squeeze your shoulders back like you are holding a small ball between your shoulder blades.**

DON'T:

- **Lean too far forward.**
- **Hold your breath.**

1. Sit in a sturdy, armless chair with your feet flat on the floor, shoulder-width apart.
2. If using a resistance band, place the center of the band under both feet. Hold each end of the band with palms facing inward.
3. Relax your shoulders and extend your arms beside your legs. Breathe in slowly.
4. Breathe out slowly and pull both elbows back until your hands are at your hips.
5. Hold position for one second.
6. Breathe in as you slowly return your hands to the starting position.
7. Complete one set of 10-15 repetitions.
8. Rest for 15 seconds, then complete one more set of 10-15 reps.

TOE STAND



DO:

- **Maintain good posture.**
- **Move into toe stand slowly.**
- **Make sure to breathe regularly.**

DON'T:

- **Lean on the counter or chair; it is for balance only.**

1. Stand behind a sturdy chair, feet shoulder-width apart, holding on for balance.
2. Breathe in slowly, then breathe out and slowly stand on tiptoes as high as possible.
3. Hold position for one second.
4. Breathe in as you slowly lower heels to the floor.
5. Complete one set of 10-15 repetitions.
6. Rest for 15 seconds, then complete one more set of 10-15 reps.

TREE POSE



IF -THEN

If you feel balanced with heel off the floor, then move foot up to calf.

If you can balance foot on calf, then let go of the chair.

DO:

- Engage your core
- Press your standing foot into the ground
- Lift your hips upward toward the ceiling
- Bend one leg and bring sole of foot toward standing leg
- Press your standing leg toward the foot of your bent leg
- Keep your bent leg toes on the ground for balance help
- Use a chair to support your balance if needed

DON'T:

- Place your foot on the standing knee
- Arch your back

PYRAMID POSE



IF - THEN

If you can stand in a split leg stance, then lean forward and place hands on back of chair.

If you need more stretch, then keep your front foot on the floor and pull the same hip up and back in a stretch.

DO:

- Engage your core and keep your back flat.
- Root the front heel into the earth
- Lift your hips away from your front heel
- Sit if you need balance support
- Keep the angle of your chest lifted

DON'T:

- Place your foot on the standing knee
- Arch your back

HALF MOON POSE



IF - THEN

If you can lift one arm and armpit higher than the other, then slightly lean to the opposite side.

If you want a deeper stretch, then lift armpit and press same side heel into the ground.

DO:

- Engage your core
- Lift the upper armpit
- Focus on upward lift more than side lean
- Keep both feet on the earth
- Clasp just above or below upper wrist (i.e., around the joint)
- Pull down with the lower arm and simultaneously resist, lifting the top arm up

DON'T:

- Focus on the side bend
- Push your hips to the side
- Collapse your neck; keep chin up

SEATED FIGURE 4



DO:

- Engage your core
- Cross one ankle over the other knee
- Use leg muscles to direct the knee towards the floor
- Keep the angle of the chest lifting upward
- Hinge forward at the hips

IF - THEN

If you can tuck one foot behind the other, then try to cross one ankle over the other knee.

If you want more stretch, then lean forward.

DON'T:

- Push the upper leg towards the ground
- Round your spine

BACK SCRATCH STRETCH



IF - THEN

If you bend both arms behind your back, then press hands into your back.

If you want a deeper stretch, then use a towel and pull with both hands.

DO:

- Stabilize your stance: feet together or hip width apart
- Engage your core
- Lift arms to shoulder height in a "T" position
- Breathe in and on exhale, bring hands behind your back, reaching fingertips toward each other
- Lift the top elbow towards the ceiling
- Reach the bottom elbow towards the ground
- Press your hands into your back
- Press your back into your hands
- Continue to reach top elbow up, and bottom elbow down
- Use a towel or strap if your hands don't touch

DON'T:

- Arch your back
- Force your arms

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Evaluation: Functional Fitness Test

video tutorial available online



www.parcilab.org