



**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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LIFT+ Exercises



LEGS: LUNGE

Lunge

Starting position:

Start by standing with feet shoulder-width apart, back straight, and arms either loose at sides or resting on hips.

Movement:

Step back with one leg to a kneeling position. Continue to bend until the thigh of the forward leg is parallel to the floor; the back knee should not touch the floor. Push with the front leg to return to starting position. If kneeling is painful, bend knee only as far as it feels comfortable. Hold position for one to two seconds and repeat.

Repetitions:

Aim for two sets of 10 on both legs.

Muscle groups used:

Quadriceps (thighs) and gluteals (buttocks)

Difficulty:

To increase difficulty, use weights in each hand.

To decrease difficulty, use a chair for balance.



Side Lunge

Starting position:

Stand with feet shoulder-width apart, back straight, and arms loosely at sides or resting on hips.

Movement:

Side step to a squat position keeping back straight; bend legs and knees slightly until the movement is felt in thighs. Hold position for one to two seconds and then return to starting position.

Repetitions:

Aim for two sets of 10 on both legs.

Muscle groups used:

Quadriceps (thighs) and gluteals (buttocks)

Difficulty:

To increase difficulty, use dumbbells in each hand.

To decrease difficulty, use a chair for balance.



LEGS: ADVANCED WALKING LUNGE

Advanced Walking Lunge

Starting position:

Stand with feet shoulder width apart, back straight, and arms loosely at sides or resting on hips.

Movement:

With plenty of room, take a slow, large step forward. Next, descend to a kneeling position with knee hovering just over the floor (back knee should not touch the floor and front knee should not bend past front toes). Gently press hips forward from the back foot and press into the front foot to return to a standing position (feet together, shoulder-width apart).

Repetitions:

Aim to complete one set of 10 on both legs.

Muscle groups used:

Quadriceps (thighs) and gluteals (buttocks)

Difficulty:

To increase difficulty, use dumbbells in each hand.



Wall Sit

Starting position:

Stand with back against the wall, placing feet out in front away from the wall shoulder-width apart.

Movement:

Slowly bend knees allowing back to slide down the wall until a seated position is reached, or a position that is comfortable (causing no pain). Hold this position for a few seconds before returning to a standing position. Breathe throughout the exercise.

Repetitions:

One set is 30-60 seconds; aim to build to two sets of 30-60 seconds.

Muscle groups used:

Quadriceps (thighs) and abdominals

Difficulty:

Increase difficulty by lowering the body so that thighs are parallel with the ground.

Decrease difficulty by decreasing the distance of descend.



LEGS: SQUAT JUMPS

Squat Jumps

Starting position:

Stand with feet shoulder width apart, knees slightly bent, and arms crossed with hands on shoulders.

Movement:

Bend at the knees to lower buttocks and torso into a half squat; be sure to keep upper body and back straight. In a fluid motion, extend legs and rise to the balls of feet and hop a few inches off the ground.

Repetitions:

Aim for two sets of ten.

**Muscle groups used:**

Quadriceps, hamstrings (thighs), calves (back of lower legs), and gluteals (buttocks)

Difficulty:

Increase difficulty by jumping a few inches higher.

Decrease difficulty by not leaving the ground.

Glute Extension

Starting position:

Stand behind a chair, holding the back of the chair for balance.

Movement:

Shift weight to one leg and slowly raise the other leg by squeezing the muscles of the buttocks and the back of the leg. The leg should move away from the chair. Hold this position for one to two seconds before lowering the leg to starting position.

Repetitions:

Aim for two sets of 10 on each leg.

Muscle groups used:

Hamstrings (thighs) and quadriceps (front of thigh) of supporting leg

Difficulty:

Increase difficulty by adding weight or completing exercises without the support of the chair.

Decrease difficulty by removing ankle weights.



LEGS: STRAIGHT LEG DEADLIFT

Straight Leg Deadlift

Starting position:

Stand with feet a little closer than shoulder-width apart. Hold dumbbells in each hand, bend over at the hips, and allow arms to relax with palms facing the front of thigh (quadriceps).

Movement:

Keeping back and legs straight (but not locked, have a slight bend in knees), bend forward at hips, pushing buttocks out while lowering the weights toward the top of feet until the back of thighs (hamstrings) feel tight but not uncomfortable. Hold position for one to two seconds before returning to starting position.

Repetitions:

Aim for two sets of 10.

Muscle

groups used:

Gluteals (buttocks), lower back, and hamstrings (back of thighs)

Difficulty:

Increase difficulty by using heavier weights.

Decrease difficulty by omitting weights.



Hamstring Curl

Starting position:

Stand behind a chair, holding the back of the chair for balance.

Movement:

Shift weight to one leg and slowly raise the other leg by bending at the knee. The heel should move towards buttocks. Hold this position for one to two seconds before lowering the leg to starting position.

Repetitions:

Aim for two sets of 10 on each leg.

Muscle groups used:

Hamstrings (thighs) and front of thigh (quadriceps) of supporting leg

Difficulty:

Decrease difficulty by removing ankle weights.

Increase difficulty by adding weight or without the support of the chair.



LEGS: MODIFIED WALL PUSH UP

Modified Wall Push Up

Starting position:

Stand facing a wall, approximately three feet away, with hands and arms stretched out in front. Feet should be hip-width apart and lean forward with hands against the wall.

Movement:

By bending at the elbows, lower body towards the wall as far as feels comfortable. Pause for one to two seconds before pushing body back into starting position without locking elbows.

Repetitions:

Aim for two sets of 10.

Muscle groups used:

Pectoralis (chest), deltoids (shoulders), and triceps (back of arm)



Difficulty:

Decrease difficulty by shortening the range of motion.

Increase difficulty by standing farther away from the wall.

CHEST: LYING CHEST PRESS



Lying Chest Press

Starting position:

Lie flat on the floor with weights in both hands, bending knees so that feet are flat on the floor. Extend elbows to a 90-degree angle with triceps (back of arms) resting on the floor while holding weights above the chest.

Movement:

Press arms toward ceiling and above chest without locking your elbows. Pause for one to two seconds before lowering arms to starting position.

Repetitions:

Aim for two sets of 10.

Muscle groups used:

Pectoralis (chest)

Difficulty:

Increase difficulty by using heavier weights.

Decrease difficulty by omitting weights or seated in a chair, leaning back at a 45 degree angle.

CHEST: LYING CHEST FLY



Lying Chest Fly

Starting position:

Lie flat on the floor with weights in both hands, bending knees so that feet are flat on the floor. Extend elbows to a 90-degree angle with triceps (back of arms) resting on the floor while holding weights above the chest.

Movement:

Press arms toward the ceiling then rotate hands inwards so that fingertips are facing each other. Slowly drop arms towards the floor with elbows slightly bent, until the triceps are hovering over the floor forming a 90-degree angle. Pause for one to two seconds before pushing arms upwards (hands meeting in the middle above chest) to starting position.

Repetitions:

Aim for two sets of 10.

Muscle groups used:

Pectoralis (chest)

Difficulty:

Increase difficulty by using heavier weights.

Decrease difficulty by alternating arms, or sit in a chair, leaning back at a 45 degree angle.



Triceps

Starting position:

Complete this exercise while standing with legs shoulder-width apart or seated.

Movement:

While holding one weight in both hands, lift both arms above and behind head. While keeping both arms pulled tight against ears and elbows held in a narrow position, lift weight over head toward the ceiling by extending elbows. Pause for one to two seconds before lowering the weight behind head.

Repetitions:

Aim for two sets of 10.

Muscle groups used:

Triceps (backs of arms)

Difficulty:

Increase difficulty by using heavier weights.

Decrease difficulty by using lighter weights or doing while seated.

TRICEPS: KICK BACK

Triceps Kick Back

Starting position:

Complete this exercise while standing or kneeling. Lunge or lean forward with one leg and hold weight in opposite hand, palm facing the body. Lift arm by bending at the elbow to form a 90-degree angle (weight will be at waist level).

Movement:

Moving arm only at the elbow (keeping the upper arm stationary), extend the arm upward and backward without locking elbow. Pause for one to two seconds before returning to starting position.

Repetitions:

Aim for two sets of 10 on each arm.

Muscle groups used:

Triceps (backs of arms)

Difficulty:

Increase difficulty by using heavier weights.

Decrease difficulty by using lighter weights.





Biceps Curl

Starting position:

Stand with feet shoulder-width apart. Hold weights straight down at sides, palms facing forward.

Movement:

Slowly bend elbows and lift weights toward chest while keeping elbows at sides. Pause for one to two seconds before returning to starting position. Be sure to complete the exercise in a slow and controlled motion.

Repetitions:

Aim for two sets of 10.

Muscle groups used:

Biceps (front of arms)

Difficulty:

Increase difficulty by using heavier weights.

Decrease difficulty by using lighter weights or sitting in a chair.

BICEPS: HAMMER CURL



Biceps Hammer Curl

Starting position:

Stand with feet shoulder-width apart, hold weights straight down at sides, palms facing hips.

Movement:

Slowly bend elbows and lift weights toward chest, keeping elbows at sides. Pause for one to two seconds before returning to starting position. Be sure to complete the exercise in a slow and controlled motion.

Repetitions:

Aim for two sets of 10 on each arm.

Muscle groups used:

Biceps (front of arms)

Difficulty:

Increase difficulty by using heavier weights.

Decrease difficulty by using lighter weights.

SHOULDERS/BACK: SHOULDER PRESS



Shoulder Press

Starting position:

This exercise can be done seated or standing with feet shoulder-width apart. Hold a weight in each hand by sides and at shoulder height with palms facing forward.

Movement:

Raise both arms up over head without locking elbows. Pause for one to two seconds before returning to starting position.

Repetitions:

Aim for two sets of 10.

Muscle groups used:

Deltoids (shoulders)

Difficulty:

Increase difficulty by using heavier weights.

Decrease difficulty by alternating arms or using lighter weights.

SHOULDERS/BACK: SEATED BENT OVER FLY

Seated Bent Over Fly

Starting position:

Sit on a chair with feet flat against the floor, back straight, and leaning forward (bending at the hips) at a 45-degree angle. Hold a weight in each hand with arms extended down toward the floor with palms facing inward.

Movement:

Bending at elbows slightly, lift both arms up and slightly back (squeezing shoulder blades together) until arms are parallel with the floor. Pause for one to two seconds before returning to starting position.

Repetitions:

Aim for two sets of 10.

Muscle groups used:

Rear deltoids (back of shoulders)

Difficulty:

Increase difficulty by using heavier weights.

Decrease difficulty by using lighter weights or omitting weights.



SHOULDERS/BACK: SEATED BENT OVER ROW

Seated Bent Over Row

Starting**position:**

Sit on a chair with feet flat against the floor, back straight, and leaning forward (bending at the hips) at a 45-degree angle. Hold a weight in each hand with arms

extended down towards the floor and palms facing inward.

**Movement:**

Pull both elbows back until hands are at your hips. Pause for one to two seconds before returning to starting position.

Repetitions:

Aim for two sets of 10.

Muscle groups used:

Rear deltoids (back of shoulders)

Difficulty:

Increase difficulty by using heavier weights.

Decrease difficulty by using lighter weights.

SHOULDERS/BACK: LATERAL SIDE RAISES

Lateral Side Raises

Starting position:

This exercise can be done seated or standing with feet shoulder-width apart. Hold a weight in each hand with arms stretched out straight by your sides with palms facing inward.

Movement:

Keeping arms straight without locking elbows, raise both arms out by sides until the arms are parallel to the floor. Pause for one to two seconds before returning to starting position.

Repetitions:

Aim for two sets of 10.

Muscle groups used:

Deltoids (shoulders)

Difficulty:

Increase difficulty by using heavier weights.

Decrease difficulty by using lighter weights, alternating arms, or not using weights.



Front Raises

Starting position:

This exercise can be done seated or standing with feet shoulder-width apart. Hold a weight in each hand with arms stretched out straight resting on thighs (front of leg) with palms facing thighs.

Movement:

Keeping arms straight without locking elbows, raise both arms out in front until arms are parallel to the floor. Pause for one to two seconds before returning to starting position.

Repetitions:

Aim for two sets of 10.

Muscle groups used:

Deltoids (shoulders)

Difficulty:

Increase difficulty by using heavier weights.

Decrease difficulty by alternating arms or using lighter weights.



SHOULDERS/BACK: SEATED OBLIQUE CRUNCH

Seated Oblique Crunch

Starting position:

Sit on a chair with feet flat against the floor, back straight, and buttocks towards the front of the chair. Place fingers behind the head near temples.

Movement:

Flex (contract) abdominal muscles and lift right knee to chest. Twist entire torso and crunch forward so the left elbow meets the lifted knee. Pause for one to two seconds before returning to starting position (torso facing forward). Repeat this movement by alternating lifted knees.

Repetitions:

Aim for two sets of 10, alternating legs.

Muscle groups used:

Side obliques (abdominals)

Difficulty:

Increase difficulty by holding weights or using ankle weights.

Decrease difficulty by leaving feet flat on the floor.



ABS: SEATED TORSO TWIST



Seated Torso Twist

Starting position:

Sit on a chair with feet flat against the floor, back straight, and arms folded in front of chest.

Movement:

Turning the entire upper body (arms, head, and torso), twist to one side. Hold position for one to two seconds before returning to starting position.

Repetitions:

Aim for two sets of 10 on each side; be sure the entire movement is done slowly and in control.

Muscle groups used:

Side obliques (abdominals)

Difficulty:

Increase difficulty by using weights in both hands.

ABS: SEATED KNEE UP

Seated Knee Up

Starting position:

Sit on a chair with feet flat against the floor and buttocks toward the edge of the chair. Hands can hold the back or the side of the chair for balance.

Movement:

Tighten abdominal muscles and lift knees toward the chest. Hold this position for one to two seconds before lowering both legs to starting position.

Repetitions:

Aim for two sets of 10 done slowly and in control.

Muscle groups used:

Lower obliques (abdominals)

Difficulty:

Increase difficulty by pausing when legs are hovering above the ground.

Decrease difficulty by shortening the range of motion.



FLOOR (MAT): BACK EXTENSIONS

Back Extensions

Starting position:

Using a mat, lie flat on the floor on stomach with arms extended in front and legs stretched out behind.

Movement:

Arm Movement:

Keeping arms straight, raise left arm off the ground, keeping head and neck in line with your arm. Hold this position for one to two seconds before lowering the arm to starting position. Continue by alternating arms.

Leg Movement:

Keeping legs straight, raise left leg off the ground, keeping hips and right leg on the ground. Hold this positions for one to two seconds before lowering leg to starting position. Continue by alternating legs.

Repetitions:

Aim for two sets of 10 for both legs and arms. Be sure the entire movement is done slowly and in control.

Muscle groups used:

Upper and lower back

Difficulty:

Increase difficulty by lifting left arm and right leg together and right arm and left leg together. A pillow may be placed under the hips for additional comfort.



FLOOR (MAT): PLANK

Plank

Starting position:

Using a mat, position body on elbows (or hands) and toes with a straight back.

Movement:

Hold this position for 30 seconds. Be sure to keep back straight, core tight, and elbows and shoulders in line with one another.

Repetitions:

One repetition is 30 seconds. Aim to complete two sets of 30 seconds.

Muscle groups used:

Stomach (abdominals), may feel in shoulders

Difficulty:

Decrease difficulty by dropping to your knees.



FLOOR (MAT): PELVIC BRIDGE



Pelvic Bridge

Starting position:

Using a mat, lie on back with feet flat on the floor and knees bent. Keep arms by sides with palms facing down.

Movement:

Pushing heels into the floor, raise the pelvis towards the ceiling so that buttocks and lower back are off the floor. Hold this position for one to two seconds before returning to the starting position.

Repetitions:

One repetition is 30 seconds with a goal of completing two sets.

Muscle groups used:

Core (abdominals), may feel in shoulders

Difficulty:

Decrease difficulty by lowering how high the hips are raised.

FLOOR (MAT): LATERAL BRIDGE

Lateral Bridge

Starting position:

Using a mat, lie on the left side, placing the right leg on top of the left leg, keeping a slight bend in the knees. Place left elbow under left shoulder, bending the arm at a 90-degree angle. Keep right arm on the floor out in front for added support and balance.

Movement:

Keeping the abdominals tight, raise hips off the ground towards the ceiling. Keep knees together and head in line with the spine. Hold this position for one to two seconds before returning to the starting position.

Repetitions:

Aim for two sets of 10 on each side.

Muscle groups used:

Core (abdominals), may feel in shoulders



Difficulty:

Decrease difficulty by dropping to the knee closest to the floor.

Leg Lifts

Starting position:

Using a mat, lie on back, place hands under buttocks, and keep legs stretched out straight on the floor.

Movement:

Engage abdominals and slowly lift one leg off the ground towards the ceiling. Hold this position for one to two seconds before lowering leg to starting position.

Repetitions:

Aim to complete two sets of 10 on each leg.

Muscle groups used:

Core (abdominals), hips, and thigh (quadriceps)

Difficulty:

Increase difficulty by lifting both legs at the same time.

Decrease difficulty by lowering the height of leg lift.



FLOOR (MAT): SIDE LEG LIFTS

Side Leg Lifts

Starting position:

Using a mat, lie on the left side, bend left knee at a 90-degree angle. Keep right leg straight, with a slight bend in the knee, then extend left arm out above the head. Lay head on arm. Keep right arm on the floor out in front of body for added support and balance (or prop head up).

Movement:

Lift right leg up toward ceiling and hold this position for one to two seconds before lowering it to the starting position.

Repetitions:

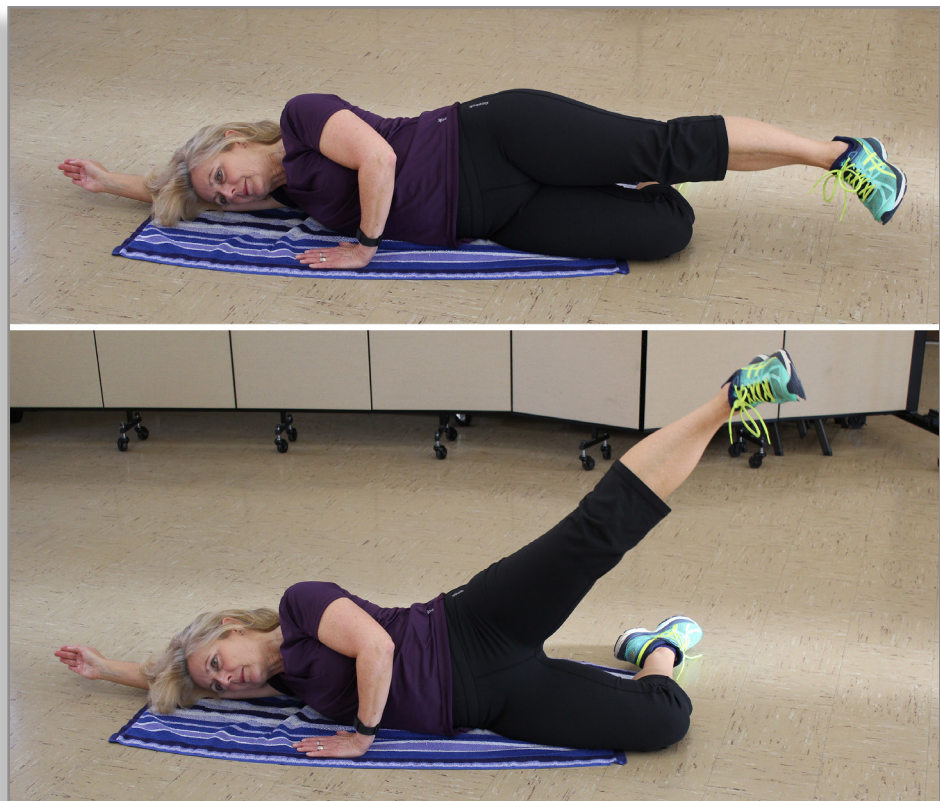
Aim for two sets of 10 on each side.

Muscle groups used:

Core
(abdominals),
hips, and thigh
(quadriceps)

Difficulty:

Decrease
difficulty by
lowering the
height of leg lift.





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