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Stand up and Go

SENIOR FITNESS

ROUTINE ~~Senior~~

~~Fitness by Tona~~

~~\ "Endurance~~

~~Test \ " Christian~~

~~Fitness TV /~~

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~~Test Senior~~

Fitness by Tona

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Test: How Fit

Are You? ~~Senior~~

~~Fitness~~

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~~Resistance Band
Exercises Full
Body Workout~~

**Senior Fitness -
30 MIN Standing
Boxing Cardio
Workout For
Seniors |
Intermediate
Level**

Senior Fitness -
Simple Strength
Training
Exercises with

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Playground Ball

FAST Walking in
30 minutes |

Fitness Videos

PRIORITY ONE -
Getting Started
- 106A Healthy
Life - Chair

Exercise

~~PRIORITY ONE~~
~~Getting Started~~
~~—112 Leg~~

~~Exercises For~~
~~Seniors, balance~~

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~~exercises for
seniors, senior
fitness,
strength~~

~~training~~ *Fuzion*

Fitness with

Alexis #31:

Chair Workout -

November 2015

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class ASK Senior

Exercise Class |

2014 Senior

~~*Fitness With*~~

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Paula **20 Min**

**Exercise for
Seniors, Low**

Impact Workout -

Senior Workout -

Exercise for

Elderly Falls

reduction

exercises for

seniors, balance

exercises for

seniors, senior

fitness,

training **Senior**

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Fitness – Low Impact Cardio Workout

Senior Fitness –
Seated Strength
Training *SENIOR
FITNESS TEST*
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~~Test Senior~~
Fitness

*Specialist
Program What New
Marine Corps
Recruits Go*

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Through In Boot
Camp 25 Min
Chair Exercises
Sitting Down
Workout - Seated
Exercise for
Seniors,
Elderly, \u0026
EVERYONE ELSE

**Best Resistance
Bands, Loops
\u0026 Ankle
Straps I've Ever
Used! -**

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Included ~~Senior
Fitness Test
Manual 2nd~~

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modification of
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C. Jessie Jones,
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expectancy
increases, it
becomes more
critical to
accurately
assess older
adults' physical

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fitness,
including
strength,
endurance,
flexibility,
agility, and
balance.

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Analysis of data
showed

improvement in
Arm-Curl (30.0
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introduce
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systems that
will allow both
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coaches to plan
and carry out

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physiologic
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such as
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bending,
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walking.

Importance of
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