

## Active Seniors

Remember it is important to warm up first,  
there's a great video of another warm up on our [facebook](#)

### Seated upper back stretch



Duration: 30 sec

Repetitions: 1

Rest time: ---

### Supraspinatus stretch



Duration: 30 sec

Repetitions: 1

Rest time: ----

### Triceps stretch



Duration: 30 sec

Repetitions: 1

Rest time: ---

### Lats and rear deltoid stretch



Duration: 30 sec

Repetitions: 1

Rest time: ----

### Quadriceps stretch

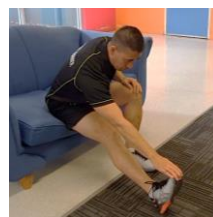


Duration: 30 sec

Repetitions: 1

Rest time: ----

### Hamstring stretch



Duration: 30 sec

Repetitions: 1

Rest time: ----

### Leg swings



Duration: 30 sec

Repetitions: 1

Rest time: ----

### Alternating high knee



Duration: 30 sec

Repetitions: 3

Rest time: 30 sec

### Couch push ups



Duration: 45 sec

Repetitions: 3

Rest time: 1 min

### Couch squats



Duration: 45 sec

Repetitions: 3

Rest time: 1 min

### Water bottle single arm row



Duration: 45 sec

Repetitions: 3

Rest time: 1 min

### Water bottle triceps kick back



Duration: 45 sec

Repetitions: 3

Rest time: 1 min

### Single leg hip extension



Duration: 45 sec

Repetitions: 3

Rest time: 1 min

### Couch incline plank



Duration: 45 sec

Repetitions: 3

Rest time: 1 min

### Clam shell (start position)



Duration: 45 sec

Repetitions: 3

Rest time: 1 min

### Clam shell (finish position)



Duration: 45 sec

Repetitions: 3

Rest time: 1 min