

02 / YOUR WEEKLY RHYTHM

A week you can repeat.

Five session types. Strength sessions are separated by recovery time.

MON A / Lower-body emphasis

15-25 minutes

TUE C / Balance + easy walk

5-8 minutes + 5-10 minutes

WED B / Upper-body emphasis

15-25 minutes

THU D / Mobility + easy walk

8-10 minutes + 5-10 minutes

FRI C / Balance or rest

5-8 minutes if comfortable

SAT E / Walking

Start with 5-10 minutes

SUN Recovery / optional easy walk

Rest is a valid choice

This starter week may fall below general activity recommendations. Over time, adults are advised to build toward 150 minutes of moderate activity weekly and strength work on at least two days. Older adults also need balance activity. Increase gradually; you do not need to reach the target in week one. [1, 2]

04 / SESSION A

Lower-body emphasis.

Warm up first. Start with one set; use the four-week progression on page 4.

1 Chair sit-to-stand / 5-8 reps

Feet flat. Lean forward, rise, then sit with control. Use your hands or a higher firm seat if needed.

2 Supported heel raise / 5-10 reps

Hold a fixed support. Lift your heels slowly, then lower them without bouncing.

3 Standing hip extension / 5 each side

Hold support. Move one leg slightly behind you, keeping your trunk still. Use a small comfortable range.

4 Wall press-up / 5-8 reps

Hands on the wall near chest height. Bend your elbows, approach the wall, then press away. Start closer to make it easier.

5 Supported light dumbbell row / 5-8 each side

Use the setup on page 10. Draw the weight toward your hip without twisting. If you cannot find a stable comfortable setup, skip and seek help choosing an alternative.

Finish with 2-3 minutes of easy walking. This session includes upper-body work as well as legs; it is not a maximum-strength test. Technique references: [3, 5].