

# Variety Seeker

With this fitness plan you can move between energizing classes, strength-building floor exercises and expert techniques for improving balance and flexibility.

## WEEKLY ROUTINE

Choose between these classes and floor exercises for three workouts per week and include some time to rest in between.



## PERFECT CLASSES FOR YOU



### SILVERSNEAKERS STABILITY

Strengthen your joints while improving your reaction time in a class that's designed to prevent future falls and preserve independence.



### SILVERSNEAKERS CIRCUIT

Build upper-body strength with hand-held weights and low-impact choreography that can be modified for any fitness level.

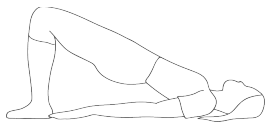
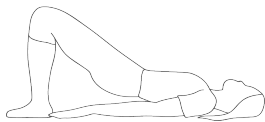


### SILVERSNEAKERS YOGA

Improve your balance and flexibility while reducing stress with a series of standing and seated poses that can be modified for any fitness level.

## YOUR ESSENTIAL GYM FLOOR ROUTINE

*Warm up with some gentle aerobic exercise for at least 10 minutes.*



## 1. BRIDGE STRENGTH TRAINING

What you'll need: Adequate floor space

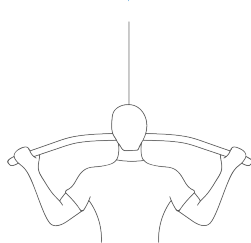
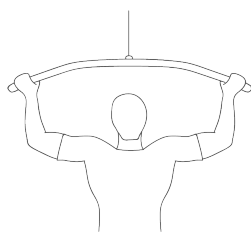
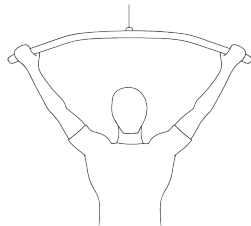
1. Lay on your back with your hands by your sides, knees bent, ankles under your knees and feet flat on the floor.
2. Tighten your abdominal muscles.
3. Squeeze your glutes and raise your hips to create a straight line from your knees to shoulders.
4. Contract your core muscles and continue to breathe normally.
5. Maintain a straight line from your shoulders to your knees. Hold for 10-30 seconds.

*Continued on page 2*

**Remember: Get advice from the staff at your local fitness center. If you are new to the gym, validate your exercises with your doctor, especially if you're managing a condition or injury, start slowly and carefully with lighter weights to avoid injury, then build up!**

## YOUR ESSENTIAL GYM FLOOR ROUTINE

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## 2. LAT PULL-DOWN STRENGTH TRAINING

What you'll need: Lat Pull-Down machine

1. Adjust the pad so that the tops of your thighs fit under the pads. Knees aligned with your ankles.
2. Grab the bar with your hands slightly wider than shoulder-width apart.
3. Position your body so that you're leaning slightly back with your chest lifted, head and spine in a straight line and feet flat on the floor.
4. Leading with your elbows, exhale and pull the bar towards your collarbone. At the bottom of the exercise, your elbows should be facing downward.
5. Pause. In a controlled motion, return the bar to the starting position while inhaling.



## 3. ONE-FOOT BALANCE BALANCE

What you'll need: A chair, or proximity to a wall

1. Start by standing behind a sturdy chair, or next to a wall, holding onto the chair for balance as needed.
2. Lift your left foot off the ground.

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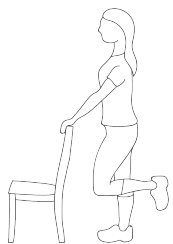
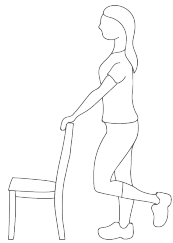
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## YOUR ESSENTIAL GYM FLOOR ROUTINE

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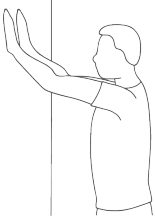
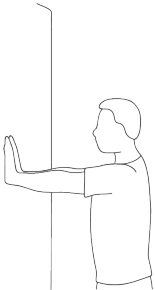


### 3. ONE-FOOT BALANCE BALANCE

3. Hold your position for up to 10 seconds, then return to standing on two feet.
4. Repeat 10-15 times with your left foot.
5. Repeat steps 1-4 with your right foot.

### 4. WALL WALK FLEXIBILITY

What you'll need: Proximity to a wall



1. Stand facing a wall, slightly farther than an arm's length away. Feet shoulder-width apart.
2. Lean forward and place your palms flat against the wall, at shoulder height and shoulder-width apart.
3. Keep your back straight and slowly walk your hands up the wall until your arms are above your head. Hold for 20-60 seconds.
4. While keeping your back straight, slowly walk your hands back down, breathing continuously.
5. Repeat 3-5 times.

*Cool down with some gentle stretches for all major muscle groups.*

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