FITNESS TRAINING PLAN FOR SENIORS

Stay fit and active as you age

Three training days for strength, mobility, balance, and endurance.

Regular physical activity and targeted strength training can help maintain muscle strength, mobility, and independence in later life. This plan combines gentle strength exercises, cardiovascular activity, balance work, and joint mobility.

Adapt each exercise to your fitness level. Begin at a manageable intensity. If you have an existing medical condition, symptoms, or have been inactive for a long time, consult a healthcare professional before starting when appropriate.

YOUR WEEKLY TRAINING PLAN

Training day	Main focus
Day 1	Full-body strength and muscle conditioning
Day 2	Cardio, balance, and mobility
Day 3	Functional strength and everyday fitness

Space the sessions out with recovery days in between, for example Monday, Wednesday, and Friday. Reduce the duration, exercises, or number of sets when needed.

DAY 1 – FULL-BODY STRENGTH AND CONDITIONING

Exercise	Amount
Warm-up: stationary bike or walking	5–10 minutes
Chair-assisted squats	2–3 × 8–12
Wall or incline push-ups	2–3 × 8–12
Resistance band or cable rows	2–3 × 10–12
Shoulder press with light dumbbells	2 × 8–10
Gentle stretching and mobility exercises	5 minutes

Training focus

Strengthen major muscle groups, improve posture, and support everyday movement.

Technique and safety

Move slowly and with control. Use stable support if needed, and take sufficient breaks between exercises.

DAY 2 – CARDIO, BALANCE, AND MOBILITY

Exercise	Amount
Brisk walking or moderate stationary biking	15–30 minutes
Balance exercises with stable support	3 × 20 seconds per side
Hip and joint mobility exercises	2–3 × 10
Shoulder circles and gentle arm movements	2 × 10–15
Gentle flexibility exercises	5–10 minutes

Training focus

Support cardiovascular endurance, improve balance, and maintain joint mobility.

Technique and safety

Move slowly and with control. Use stable support if needed, and take sufficient breaks between exercises.

DAY 3 – FUNCTIONAL STRENGTH AND EVERYDAY FITNESS

Exercise	Amount
Warm-up: walking or gentle cycling	5–10 minutes
Sit-to-stand from a stable chair	2–3 × 8–12
Step-ups onto a low, stable step with support	2 × 8–10 per leg
Biceps curls with light dumbbells	2–3 × 10–12
Supported standing calf raises	2–3 × 12–15
Easy walking to finish	10–15 minutes

Training focus

Strengthen the legs and arms and practice movements used in daily life.

Technique and safety

Move slowly and with control. Use stable support if needed, and take sufficient breaks between exercises.

IMPORTANT TRAINING GUIDELINES

Warm-up:

Begin each session with a few minutes of light movement.

Controlled movement:

Use steady, technically sound movements; avoid sudden or jerky exertion.

Personal intensity:

Choose resistance that allows you to complete the repetitions safely.

Rest periods:

For strength exercises, 60–120 seconds may be a useful starting point.

Consistency:

Spread sessions throughout the week and allow adequate recovery.

Food and fluids:

A balanced diet with sufficient protein and fluids supports health. Follow any medical fluid restrictions.

Safety:

Use stable supports. Stop exercising if you experience chest pain, dizziness, or unusual shortness of breath. Seek emergency care for chest pain or severe breathing difficulties.

WHY STRENGTH TRAINING MATTERS IN LATER LIFE

Muscle mass, strength, and physical capacity can decline with age. Regular strength training can help preserve independence in everyday life. Balance and mobility exercises may also improve confidence and stability during movement.

CONCLUSION – STAY FIT AND ACTIVE

A varied routine of strength, cardio, balance, and mobility exercises provides a useful foundation. What matters most is an individually manageable workload, regular activity, and adequate recovery. Safe, sustainable movement is more important than maximum intensity.

TRAINING DIARY – DAY 1

FULL-BODY STRENGTH AND CONDITIONING

Date: _____ How I feel before training: _____

Exercise	Completed / weight / duration	Notes
Warm-up: stationary bike or walking	_____	_____
Chair-assisted squats	_____	_____
Wall or incline push-ups	_____	_____
Resistance band or cable rows	_____	_____
Shoulder press with light dumbbells	_____	_____
Gentle stretching and mobility exercises	_____	_____

How did the session feel? ☐ Easy ☐ About right ☐ Challenging

What went well? _____

What would I adjust next time? _____

TRAINING DIARY – DAY 2

CARDIO, BALANCE, AND MOBILITY

Date: _____ How I feel before training: _____

Exercise	Completed / weight / duration	Notes
Brisk walking or moderate stationary biking	_____	_____
Balance exercises with stable support	_____	_____
Hip and joint mobility exercises	_____	_____
Shoulder circles and gentle arm movements	_____	_____
Gentle flexibility exercises	_____	_____

How did the session feel? ☐ Easy ☐ About right ☐ Challenging

What went well? _____

What would I adjust next time? _____

TRAINING DIARY – DAY 3

FUNCTIONAL STRENGTH AND EVERYDAY FITNESS

Date: _____ How I feel before training: _____

Exercise	Completed / weight / duration	Notes
Warm-up: walking or gentle cycling	_____	_____
Sit-to-stand from a stable chair	_____	_____
Step-ups onto a low, stable step with support	_____	_____
Biceps curls with light dumbbells	_____	_____
Supported standing calf raises	_____	_____
Easy walking to finish	_____	_____

How did the session feel? ☐ Easy ☐ About right ☐ Challenging

What went well? _____

What would I adjust next time? _____

MY PROGRESS – 4 WEEKS

Record how you feel and what has improved each week. The goal is safe and regular movement, not setting records.

Week	Training days	Cardio / mobility	My progress
1	_____	_____	_____
2	_____	_____	_____
3	_____	_____	_____
4	_____	_____	_____

My personal goal: _____

What I am proud of: _____

My next small step: _____

Further information: Drachensang Academy Global