



Fi.zi.ka.flex™

Exercise Guide

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Fizika*flex* exercises are easy to follow and require minimum equipment. Normal household items like chairs and a towel are required for some of the exercises. We encourage you to work out at your own level. As you feel your strength improving or you are looking for a new challenge, select exercises from the next level to add to your daily routine.



Each level of exercises includes activities that work on your cardiovascular capability, strength, balance and flexibility.

How to use this Exercise Guide.

Fizika recommends that you do the exercises in sequence.

For example if you are just starting an exercise routine, here is way to begin:



Select **1 Cardiovascular exercise** from the Beginner Level (or a higher level if you feel up to doing so). Use a light exercise to warm up your body.



Select **1 or 2 strength exercises** from the Beginner Level (or a higher level) .
As your strength improves, you will want to do a strength exercise for each area of your body.



Select **1 balance exercise**



End your workout with **flexibility exercises** to stretch and relax muscles.

By working out daily, eating a balanced diet, drinking plenty of water and getting enough sleep, you can keep your brain and your body healthy as you age. We also encourage you to keep learning—try a new craft, play a new instrument or game. Make new friends who want to exercise with you. Many of the suggested exercises encourage you to work out with a partner or a group of people while having fun. Music and dance are great ways to stimulate movement and help our brains stay engaged and focused.

The name “Fizika” means physical activity, movement and measurement. We trust that the exercises along with the daily health log, will help you stay on track and keep you healthy for a lifetime.

Before starting any exercise program, always consult your physician and be sure to work out at your own pace. Listen to your body and don’t overdo any exercises. The goal is to improve your physical strength and stamina over time.

Fizika’s fitness professional, Kristin Hallquist, NASM certified, created the exercises. She has worked with seniors to help improve their cardiovascular stamina, strength, balance and flexibility. Should you have any questions about the exercises, send an email to: Fizika.flex@gmail.com.

Beginner Level Exercises



Cardiovascular Exercises

Recommend: 150 minutes/week

The American College of Sports Medicine recommends a duration of 20–30 minutes, however if you exercise infrequently, you should start with 10–15 minutes and gradually build from there.

- Take an easy walk with a friend.**
When walking, choose a flat surface outside, or inside on a treadmill or at your local mall. Attempt to walk 10–15 minutes at a low-moderate pace.

- Ride the recumbent cross trainer at a local fitness or senior center.**
Attempt to ride the recumbent cross trainer at a low-moderate intensity pace for 10–15 minutes.

- Participate in an arthritis focused water class at a local aquatics center.**
Arthritis aquatic classes are typically done in warmer water (83–90 degrees) and focus on light cardio, range of motion exercises, and general stretching.

- Take a beginner/low impact dance class to learn the waltz, swing,rumba, or salsa dance.**
www.ballroomdancinglancaster.com provides more information for newcomer dance classes.

- Go “water walking” at a local aquatics center.**
Pick a waist high deep area in the pool and begin walking at a low-moderate pace for 10–15 minutes. Exercising in the water can help alleviate pressure on the joints caused by arthritis.

- Take a SilverSneakers cardio class.**
SilverSneakers is a free fitness program for seniors. To find out if your Medicare Advantage Plan includes SilverSneakers, go to: www.silversneakers.com.

- Go bowling.**
Grab a friend or friends and play 1-2 games of bowling!

- Take a ride on a recumbent bike at a local fitness or senior center.**
One benefit of this exercise is the position of the recumbent bike seat ensures the rider is exercising with good spinal posture. Attempt to ride the recumbent bike at a low-moderate intensity for 10–15 minutes.

- Plant a garden.**
Gardening is an enjoyable form of exercise. A low impact physical activity which incorporates all motor skills, gardening helps increase mobility and flexibility. Start with 10–15 minutes of gardening at a time.

- Take a YouTube beginner cardio class or exercise DVD.**
Start with 10–15 minutes of a beginner class such as Jane Fonda’s Walking Cardio Workout–Level 1.





Strength Training

Recommend: 2–3 times/week

The American College of Sports Medicine recommends 8–10 exercises involving the major muscles of the body (chest, back, shoulders, biceps, triceps, legs, and core) on 2–3 nonconsecutive days per week.



Side leg raises.

Lie down on one side, extending legs and stacking them on top of one another. Slowly raise the top leg as high as possible. Exhale on each leg lift, and inhale when lowering.



Seated calf raise.

Sitting towards the middle or front of a chair, place feet hip width apart on the floor, with knees bent. Slowly raise heels off the floor coming up on the toes, then gently return back to starting position. Perform 2 sets of 10 repetitions on each side, resting 30–60 seconds in between sets.

Shoulder rolls.

Shoulder rolls target muscles in the shoulders and upper back. Sit with good posture and slowly rotate shoulders forward 10 times, and then backward 10 times. Rest 30–60 seconds, then repeat 1 time.

Bicep curls.

Use 1–2 pound dumbbells for resistance or something easy to grip around the house such as two soup cans. Sit with good posture in a chair before beginning the exercise. Turning the palms forward, keep the elbows as close to the body as you slowly bend at the elbows, raising the weights $\frac{3}{4}$ of the way to your shoulders. Exhale with each bicep curl and inhale each time you lower the weight slowly to starting position. Perform 2 sets of 10 repetitions, resting 30–60 seconds in between sets.





Grip strength.

Grip an old tennis ball or soft stress ball in one hand. Hold and squeeze for 3 seconds and release. Perform 2 sets of 10 repetitions on each hand, resting 30–60 seconds in between sets.



Tricep kickbacks.

Use 1–2 pound dumbbells for resistance or something easy to grip around the house such as one soup can. Hold the weight in one hand and sit in a chair. Slowly lean over the knee and straighten your elbow behind as far back as comfortable, keeping elbow high during the backward movement. Exhale with each tricep kickback, and inhale when returning the weight to starting position. Perform 2 sets of 10 repetitions, resting 30–60 seconds between sets.



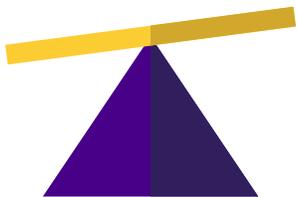
Seated leg extensions.

Sit in a chair with good posture, placing feet hip width apart. Slowly extend one leg out in front, and gently return to starting position. Perform 2 sets of 10 repetitions on each leg, resting 30–60 seconds in between sets.

Seated side bends.
Sit in a chair with good posture, placing feet hip width apart. Keep one hand behind the head and the other reaching towards the floor. Lean to the side, as if trying to touch fingers to the floor. Slowly return back to starting position. Perform 2 sets of 10 repetitions on each side, resting 30–60 seconds between sets.

Chest press using a thera-band.
Sitting towards the middle or front of a chair, place feet hip width apart on the floor, with knees bent. Place the thera-band under arms and across the upper back, looping the band ends a few times around the hands. Begin the exercise with elbows pulled back and hands on either side of chest. Slowly extend arms forward at chest height. Adjust the tension of the band as needed. Inhale as arms come back, and exhale as arms extend forward. Perform 2 sets of 10 repetitions, resting 30–60 seconds in between sets.





Balance Training

Recommend: 2–3 times/week

Balance exercises should be performed near a wall or chair to prevent falling.

Balance in the semi-tandem stance.

Standing with good posture, place one foot in front of the other until the inside of one heel is touching the big toe of other foot. In this staggered stance, make sure the weight is evenly distributed between the feet. Shift gaze forward, holding this balance exercise for 30 seconds before switching position to bring the other foot forward for a 30 second hold. Use a sturdy chair for support if needed. Repeat 1–2 times.

March in place.

Standing tall, slowly march in place. Perform 10 marches, then repeat 1–2 times.

Side to side weight shift.

Making sure the knees are soft and gaze is forward, shift weight to the right foot, bringing the left foot off the ground and nearly touching the right foot. Continue to shift weight from side to side for 30 seconds. Rest 30–60 seconds, and repeat 1–2 times. Use a sturdy chair for support if needed.

Walk heel to toe (“footprints in the sand” walk).

Walk forward, very slowly striking heel to toe, as if attempting to make deep footprints in the sand. Perform 3 sets of 10 steps, resting 30–60 seconds between sets.

Forward to back weight shift (“rocking horse”).

As if taking a step, place one foot in front of the other. Slowly shift weight to forward leg, bringing the back foot off the ground a few inches, before shifting weight on the back leg, lifting up the front foot off the ground. Continue rocking back and forth 10 times, before switching leg position to bring the opposite leg forward. Repeat 1–2 times.



Lateral step with arm movement.

Facing forward, take a step to the side with the right leg, then draw the left leg to meet the right leg. Continue leading with the right leg, side stepping 5 times, then lead with the left leg 5 times. Repeat 1–2 times. If able, with each step raise the arms to shoulder height out to the sides. Lateral movement exercises assist in the development of balance, strength, flexibility, and spatial awareness.

Balance walk.

Raise arms to the sides at shoulder height. Take slow steps, keeping gaze forward, and focusing on an object in front to help with steadiness when walking. Walk 10 steps, rest, then repeat 1–2 times.

Modified one-legged stand.

Stand next to a chair or something stable to hold for support. Shifting to the right side, slowly lift the left heel off the ground. Maintain your balance in this position for 15-20 seconds before switching to the opposite side. Repeat 1-2 times on each foot.

Cross country ski walk.

Slowly begin walking forward. With each step of the right foot, raise the opposite left arm forward, then do the same to the opposite side (step forward with the left foot, and raise the right arm forward). Continue to travel continuously for 10 steps, repeating 1–2 times.

Standing toe taps.

Standing with good posture, alternate tapping the right and left toes forward on the floor about 5–8 inches. Standing toe taps not only help to improve balance, but strengthen the muscles that are used to flex the foot.





Flexibility Training

Recommend: 2–3 times/week

According to the American College of Sports Medicine, flexibility exercises are most effective when the muscle is warm. Before stretching warm up with light aerobic exercise.



Quadriceps stretch.

Stand behind a chair, keep one foot planted on the floor. Slowly bend the opposite leg, bringing the heel close to the backside of the body. If possible use the hand to hold the ankle and bring foot closer to the body to deepen the stretch. Hold the stretch for 10–30 seconds, repeating 1–2 times on each leg.



Chest stretch.

Using a doorway, raise arms up to the sides of the doorway as far as comfortable. Keeping the chest up, slowly take a small step into the doorway, moving to the point of resistance. Hold for 10–30 seconds, relax, and repeat 1–2 times.

Back stretch.

Sit toward the front of a sturdy, straight-backed chair with feet shoulder-width apart, flat on the floor. Keeping your neck and back straight, slowly bend forward from the hips. Slightly relax your hands down the legs toward your shins. Hold for 10–30 seconds, then slowly straighten up until back in starting position. Repeat 1–2 times.

Shoulder stretch.

Sitting or standing, cross the right arm straight across the chest. Use the left hand to gently pull the right upper arm closer to your body. Hold for 10–30 seconds, relax, and repeat on the other side. Repeat each arm 1–2 times.

Hamstring stretch.

Sit towards the front of a sturdy chair keeping one foot planted on the floor with the knees bent. Slowly straighten the opposite leg, keeping the knee soft, and flexing the foot (toes up and heel planted on the floor). Take a full breath in and on the exhale bend at the hips, reaching the hand down the leg until a stretch is felt. Hold the stretch for 10–30 seconds, repeating 1–2 times on each leg.





Bicep stretch.

Using a wall to lengthen and stretch the biceps, begin with the right arm by placing the palm, inner elbow, and shoulder against the wall. Keeping contact between the wall and arm, slowly turn the body away from the wall until a gentle stretch is felt in the bicep. Hold the stretch 10-30 seconds before switching sides. Repeat 1-2 times on each arm.



Triceps stretch.

Sit with good posture in a chair, extending the right arm with palm up. Bring the right arm overhead, walking the fingers down the back as far as comfortable. Gently bring the left hand to press the right elbow back until a stretch is felt. Hold the stretch 10-30 seconds before switching sides. Repeat 1-2 times on each arm.



Neck stretch.

Sit with good posture on a sturdy chair. Slowly turn the head to the right until a gentle stretch is felt. Hold the stretch for 10-30 seconds, then turn to stretch the left side. Repeat each side 5 times.

Calf stretch.

Stand tall, holding onto the back of a chair. Keep the right leg forward and foot flat on the floor, begin to extend the left leg straight back, placing the heel flat on the floor until a stretch is felt in the calf of the straight leg. Hold the stretch 10–30 seconds before switching sides. Repeat 1–2 times on each leg.

Hand and finger stretch.

While seated or standing, place the palms together in a praying position, with the elbows touching (in this position the hands should be in front of the face). Keeping the palms pressed together, slowly allow the elbows to spread apart until hands are at approximately waist height, or until a stretch is felt. Hold the stretch 10–30 seconds. Repeat 1–2 times.



The logo features a stylized white icon of a person with arms raised, positioned above the text. The text "Fi.zi.ka.flex" is written in a white, sans-serif font, with the word "flex" in a bold, italicized style. A small "TM" trademark symbol is located to the right of the text.

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