



Strength Training for Aging Gracefully – Step-by-Step Guide

Objective: This worksheet will guide you through developing a **safe, effective, and sustainable** strength training routine tailored to your needs. By following these steps, you will build strength, improve mobility, and enhance overall resilience as you age.

Step 1: Begin with Basic Exercises

Goal: Establish a strong foundation with functional, multi-muscle exercises.

Action Steps:

- ◆ Choose **2–3 training sessions per week** to focus on strength.
- ◆ Perform **compound exercises** that engage multiple muscle groups.
- ◆ Start with **bodyweight movements** or light resistance.

Your Workout Plan:

- **Squats** – ___ reps x ___ sets
- **Hip Hinges (e.g., Deadlifts or Bridges)** – ___ reps x ___ sets
- **Overhead Press (Dumbbells or Household Item)** – ___ reps x ___ sets

Tip: Prioritize **proper form** before increasing weights or reps.

Step 2: Prioritize Protein and Nutrition

Goal: Support muscle maintenance and growth with proper nutrition.

Action Steps:

- ◆ Calculate your **protein needs** (1.2 to 2.0g per kg of body weight).
- ◆ Plan **protein-rich meals** throughout the day.
- ◆ If needed, consider **protein shakes or supplements**.

Your Protein Plan:

- **Daily Protein Goal:** _____ g
- **Top 3 Protein Sources:**

1. _____
2. _____
3. _____

Tip: Spread protein intake evenly across meals for optimal absorption.

Step 3: Incorporate All Planes of Movement

Goal: Build full-body strength by training in different movement planes.

Action Steps:

- ◆ Choose exercises from **each plane of movement:**

Movement Plane	Exercise Example	Your Selection
Frontal (Side-to-Side)	Lateral Lunges	_____
Sagittal (Forward/Backward)	Squats or Deadlifts	_____
Transverse (Rotational)	Russian Twists or Woodchops	_____

Tip: Functional strength helps prevent injury and improves **daily mobility**.



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Step 4: Progress Gradually

Goal: Increase strength safely by gradually adjusting weight, reps, and intensity.

Action Steps:

- ◆ **Start light** and focus on **form**.
- ◆ **Increase intensity** every 4–6 weeks (weight, reps, or sets).
- ◆ After 6 months, add **power exercises** (box jumps, medicine ball throws).

Your Progression Plan:

- **Starting Weight (or Bodyweight Only):** _____
- **Planned Adjustment (Add Reps/Weight/Exercises) in 4 Weeks:** _____

Tip: Listen to your body—gradual progress prevents injury.

Step 5: Overcome Common Barriers

Goal: Find solutions to common obstacles like time constraints and equipment availability.

Action Steps:

- ◆ **Short on time?** Aim for **20–30 min workouts, 2–3x per week**.
- ◆ **No gym access?** Use **bodyweight exercises** or household items.

Your Alternative Plan:

- **If short on time, I will train for** _____ **min per session.**
- **If I don't have weights, I will use** _____.

Tip: Consistency is more important than workout length!

Step 6: Strengthen Bones and Prevent Falls

Goal: Improve **bone density and balance** to reduce the risk of falls.

Action Steps:

- ◆ Add **resistance-based exercises** to strengthen bones.
- ◆ Incorporate **balance exercises** (single-leg stands, step-ups).

Your Bone-Strengthening Plan:

- **Resistance Exercise:** _____
- **Balance Exercise:** _____

Tip: Strong bones = independent aging!

Step 7: End with a Finisher

Goal: Boost **cardiovascular health and metabolism** with a short finisher.

Action Steps:

- ◆ **Choose a finisher** to end your workout:
 - **Tabata (20s work, 10s rest, 4 min total)**
 - **Blood Flow Restriction Training (lighter weights, more reps)**
 - **Breath holds for cardiovascular adaptation**

Your Finisher Choice: _____

Tip: Finishers **maximize calorie burn** and **improve endurance!**

Your Strength Training Commitment:

"I commit to training ** __ times per week** and tracking my progress to build strength and resilience as I age." _

Let's get stronger together!