Strength Exercises for Older Adults

Patient Name: Sarah Johnson Age: 68

Date of Birth: May 15, 1956

Physician/Clinician: Dr. Emily Martinez

Date of Evaluation: February 9, 2024

Date of Last Update: January 25, 2024 Next Appointment: March 15, 2024

Exercise Name	Description	Repetitions	Sets	Rest Interval
1. Squats	Stand with feet shoulder-width apart. Lower your body by bending your knees and hips, as if sitting back into a chair. Keep your chest lifted and core engaged. Return to starting position by pushing through your heels.	10	2	60 seconds
2. Bicep Curls	Hold dumbbells in each hand, palms facing forward. Keeping your elbows close to your sides, slowly curl the weights towards your shoulders. Lower the weights back down with control.	12	2	60 seconds
3. Wall Push-Ups	Stand facing a wall, arms extended at shoulder height and palms flat against the wall. Slowly bend your elbows to lower your chest towards the wall. Keep your body straight and engage your core. Push back to starting position.	8	2	60 seconds
4. Leg Raises	Sit on a chair with your back straight and hands holding the sides for support. Extend one leg straight out in front of you, then slowly lift it as high as you can without rounding your lower back. Lower the leg back down with control.	10	2	60 seconds
5. Plank	Lie face down on the floor, resting on your forearms and toes. Keep your body in a straight line from head to heels. Engage your core muscles and hold this position for as long as you can.	30 seconds	2	60 seconds

Note: Perform each exercise at a comfortable intensity and range of motion. If you experience any pain or discomfort, stop immediately and consult with your healthcare provider.