

OVER FORTY

Weight Training Routine

PRE-WEIGHTS WARM-UP

Always warm up the muscles with some form of mild, rhythmic exercise before weight training.

Some suggested pre-weight warm-ups are:

- Jog lightly for 5 to 8 minutes, or
- Do 50 four-count jumping jacks, or
- Jump rope for 5 to 8 minutes

Routine Developed
by
Lauren Chouinard

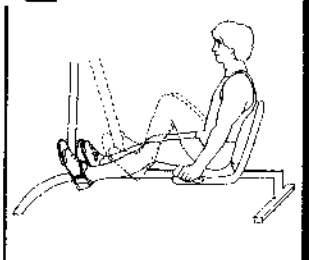
DIRECTIONS FOR EXERCISES

1. Do the exercises in the order shown.
2. Study the position of each figure carefully before performing each exercise.
3. Lift smoothly on a 2 second count, then pause and return to the starting position on a 4 second count.
4. Start from fully stretched position and end in fully contracted position.
5. NEVER JEERK OR SNAP THE WEIGHT from one position to another.
6. When an exercise is done to both sides of the body, complete the repetitions to one side and then repeat to the other side.

TRAINING TIPS

1. Check with your health-care professional before beginning this or any other exercise program.
2. With heavy weight, always have someone close by who can assist you if necessary.
3. Exhale when performing the lifting phase of the exercise, inhale while lowering the weight.
4. Protect your lower back from strain whenever possible by bending knees, tightening abdominal muscles, and flattening low back area.
5. Always allow one day of rest (no weight training) between workouts so that muscle tissue has sufficient time for repair.

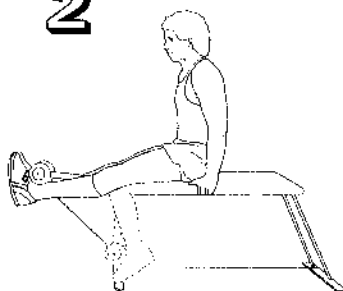
1



(QUADRICEPS-BUTTOCKS-
HAMSTRINGS)

From dotted position, press legs forward to just short of locked-knee position.

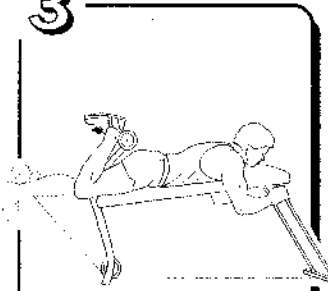
2



(QUADRICEPS)

Raise weight to locked-knee position. Keep feet flexed toward knees.

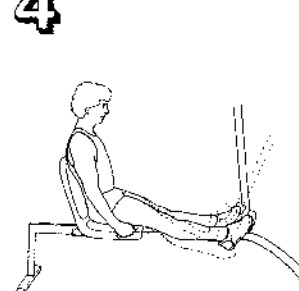
3



(HAMSTRINGS)

Bring heels as close to buttocks as possible. Keep feet flexed toward knees.

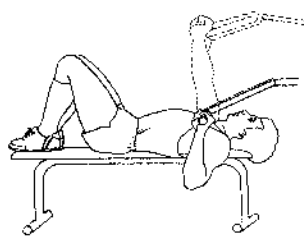
4



(CALVES)

With knees locked and balls of feet at edge of pedals, extend then flex ankle fully.

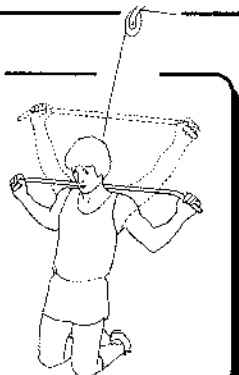
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(CHEST-SHOULDERS-TRICEPS)

Press weight upward until arms are straight. Medium to wide grip. Feet on bench protects low back.

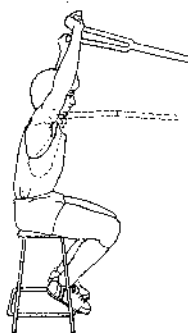
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(UPPER/MID BACK-BICEPS)

From seated or kneeling position using wide grip, pull bar to back of shoulders.

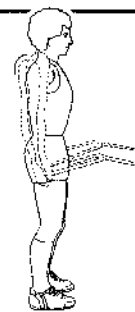
7



(SHOULDERS-TRICEPS)

Press bar until arms are straight. Keep low back flat and stomach tucked in. Medium to wide grip.

8



(TRAPEZIUS)

Keeping arms straight, lift shoulders as high as possible. Rotate back and down.

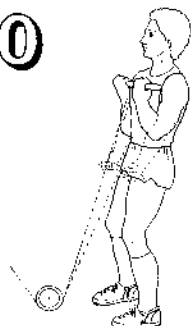
9



(TRICEPS)

Press bar down until arms are straight. Keep upper arm in line with upper body. Narrow grip.

10



(BICEPS)

Using wide grip, curl bar to chest. Keep upper arm in line with upper body.

11



(OBLIQUES)

Hold bar with erect posture. Bend at waist away from machine as far as possible.

12



(ABDOMINALS)

Tuck chin to chest and curl upper body toward knees. Keep low back flat on floor. Hold two counts.

