

# Balanced Beginner

This plan mixes group fitness classes with gentle strength training for an all-round workout that helps you towards a health and energy.

## WEEKLY ROUTINE

Choose between these classes and floor exercises for three workouts per week and include some time to rest in between.



## PERFECT CLASSES FOR YOU



### SILVERSNEAKERS CLASSIC

A variety of gentle exercises designed to aid daily living.



### SILVERSNEAKERS SPLASH

Fun pool exercises for swimmers and non-swimmers alike.

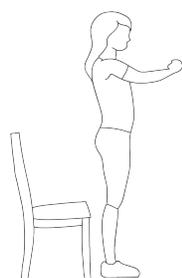


### SILVERSNEAKERS YOGA

Improve your balance and flexibility. Suitable for any fitness level.

## YOUR ESSENTIAL GYM FLOOR ROUTINE

*Warm up with some gentle aerobic exercise for at least 10 minutes.*



## 1. BODY-WEIGHT SQUATS STRENGTH TRAINING

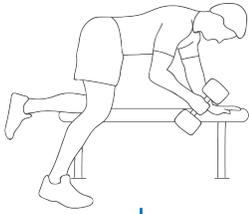
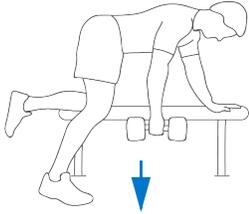
What you'll need: A chair or bench

1. Stand with a neutral spine and your feet hip-width apart. Position a chair or bench behind you, plus a second chair in front of you for added support as needed.
2. Exhale while you lower your body by bending at your knee and hip joints. Keep your chest up and your weight centered over the mid to back part of your foot. Try to prevent your knees from extending past your toes.
3. Using a chair or bench as a guide, do not allow your thighs to move past parallel with the floor.
4. Pause at the bottom on the movement, and exhale as you return to the starting position.

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**Remember: Get advice from the staff at your local fitness center. If you are new to the gym, validate your exercises with your doctor, especially if you're managing a condition or injury, start slowly and carefully with lighter weights to avoid injury, then build up!**

## YOUR ESSENTIAL GYM FLOOR ROUTINE



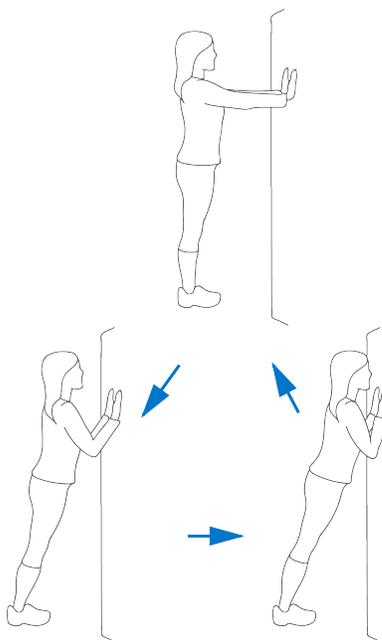
## 2. BICEP CURL STRENGTH TRAINING

What you'll need: A 1-2lb dumbbell, a bench

1. Hold a dumbbell in your right hand. Place your left hand and knee on the bench. Your spine should be in a neutral position, your left hand should be under your left shoulder, and your left hip should be flexed at a 90-degree angle.
2. Extend your right arm toward the floor. Next, without using momentum, pull the dumbbell up while you exhale. Keep your elbow close to a side.
3. Pause, and then in a controlled movement, inhale and lower the weight to the starting position.

## 3. WALL PUSH-UP STRENGTH TRAINING

What you'll need: A wall



1. Begin by facing a wall, a little more than an arm's length away. Feet shoulder-width apart. Lean forward, and place your palms against the wall shoulder-width apart.
2. Breath in, bend your elbows, and slowly lower your upper body toward the wall in a controlled motion. Do not allow your upper body to move past your shoulders.
3. Pause, exhale and push yourself back to the starting position.

*Cool down with some gentle stretches for all major muscle groups.*

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