

Be Creative and use what you've got at home

Lisa Niglia



Name: 1. Warm Up
2. Senior Active or Rehab Workout

Date: April 22, 2020

Consultant

Around house or back yard				Jog or MARCH on the spot				Leg Lifts Front & Side				Back Extension Seated			
Set	Rep	Tempo	weight	Set	Rep	Tempo	weight	Set	Rep	Tempo	weight	Set	Rep	Tempo	weight
2-3	1min			2-3	1min			2	10ea	Left	right	2-3	10		
Chair Squats				Wall Push Ups				Step Ups				Stand Calf press			
Set	Rep	Tempo	weight	Set	Rep	Tempo	weight	Set	Rep	Tempo	weight	Set	Rep	Tempo	weight
2-3	20			2-3	20			2-3	20ea	Right	Left	2-3	10		
DB seated Shoulder Press				Seated Leg extension				Torso Stretch				Standing Shoulder SAG			
Set	Rep	Tempo	weight	Set	Rep	Tempo	weight	Set	Rep	Tempo	weight	Set	Rep	Tempo	weight
2-3	10-15			2-3	20ea			2-3	10sec			2-3	10sec		