

Programming Guidelines for Older Adults

	Flexibility	Resistance Training	Aerobic Training
Frequency	Before and after each activity or exercise session (or 3 days per week)	Two or more times per week	Moderate intensity exercises 5 times per week, or vigorous intensity 3 times per week
Mode	Static stretches for major muscle groups	Resistance bands and free weights if multi station machines are not available	Walking, cycling, seated recumbent, pool activity, and seated aerobics
Volume	Hold stretch 10-15 seconds, two times per stretch	1-3 sets of 8-12 repetitions for each muscle group	Moderate intensity exercise for 30-60 minute intervals; targeting 150-300min per week
Intensity	Mild tension or slight muscular discomfort	5-6 (moderate) or 7-8 (vigorous) on a 10 point scale	Moderate intensity at 50%-70% HRR or 5-6 on the 10 point exertion scale

Exercise Programming For Older Adults

Emilie Sanchez



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