



# **OLDER ADULTS**

**3 minute walk around your house or up & down your street between each block**

## **BLOCK 1: 3 x 10 each leg**

Standing Hip Circle

Standing Knee Extensions

Standing Kickbacks

**3 MINUTE WALK**

## **BLOCK 2: 3x 10 each arm**

Bent Over Row

Bicep Curls

Tricep Kickbacks

**3 MINUTE WALK**

## **BLOCK 3: 3X10**

Figure 8's

Side Bends

Swings