



# OLDER ADULTS

3 SETS OF 10 REPS

HOVER

ON ALL 4 ALTERNATE SUPERMANS

ON ALL 4 PELVIC TILTS

LYING ON SIDE LEG RAISES

LYING ON SIDE HIP CIRCLES

LYING ON FRONT BACK EXTENSIONS

LYING ON BACK LEG LOWERS

**(1 AT A TIME)**

LYING ON BACK HIP ROTATIONS

**(KNEES TOGETHER)**