



REAL START >SENIOR STRONG

This 3 week plan focuses on strength, lung and cardio health, flexibility, bone density, mobility, balance and core strength (with chair options)

Week 1

- Day 1 - Senior Strong Cardio 1
- Day 2 - Senior Strong Resistance 1
- Day 3 - Senior Strong Standing Pilates

Week 2

- Day 1 - Senior Strong Cardio 2
- Day 2 - Senior Strong Resistance 2
- Day 3 - Senior Strong Circuit
- Day 4 - Senior Strong Walking Cardio

Week 3

- Day 1 - Senior Strong Cardio 3
- Day 2 - Senior Strong Resistance 3
- Day 3 - Senior Strong High Reps
- Day 4 - Senior Strong Circuit Finale