

PRINTABLE WORKBOOK & PLANNER

4-Week Senior Fitness Program

A Complete Home Workout & Tracking Journal for Adults 60+

Vitals Page Executive Edition

Designed for functional strength, stability, mobility, and progressive tracking.
No heavy gym equipment required — Fully printable edition.

BEFORE YOU START: SAFETY CHECKLIST

Read through this safety protocol carefully prior to starting Week 1.

⚠️ **Medical Clearance Advisory**

This program is designed for adults 60+ returning to regular exercise. If you have active heart disease, uncontrolled hypertension, severe balance issues, or recent surgeries, consult your doctor prior to starting.

1. Mandatory Safety Checklist

☐ **Clear Space:** Ensure your workout area is free of loose rugs, clutter, or pet toys.

☐ **Sturdy Chair:** Use a solid kitchen/dining chair without wheels or folding hinges.

☐ **Proper Footwear:** Always wear closed-toe supportive shoes with non-slip rubber soles. Never exercise in socks.

☐ **Hydration:** Keep a water bottle within reach and sip frequently.

☐ **Emergency Access:** Keep a mobile phone nearby during solo workout sessions.

2. The Talk Test (Intensity Control)

Monitor your effort using your breathing rather than complex heart rate formulas:

Level	Breath Status	Action Required
Level 1	Can sing comfortably	Too easy. Slightly increase pace.
Level 2	Can speak full sentences	Target Zone. Maintain this pace!
Level 3	Can only speak short words	High exertion. Slow down slightly.
Level 4	Breathless / Gasping	STOP IMMEDIATELY AND REST.

3. Immediate Warning Signs to Stop

Stop immediately and seek medical attention if you experience:

- Chest pain, tightness, or severe pressure
- Dizziness, lightheadedness, or sudden blurred vision
- Severe shortness of breath out of proportion to movement
- Sharp, acute joint pain

WEEK 1 CALENDAR: BUILD YOUR FOUNDATION

Focus on form, confidence, and gentle movement. 3 structured workout days.

☐ MONDAY — Structured Workout (15-20 mins)

- 3 min Warm-Up (Marching + Arm Circles) | • Core Routine: 8 Squats, 8 Push-ups, 8 Leg Extensions, 8 Curls, 8 Heel Raises | • Balance: 10s Single-Leg Stand

☐ TUESDAY — Rest & Recovery

- Take a gentle 10-15 min outdoor walk or practice gentle seated stretching.

☐ WEDNESDAY — Structured Workout (15-20 mins)

- 3 min Warm-Up | • Core Routine (8 reps per exercise with controlled form) | • 5 min Cool Down & Deep Breathing

☐ THURSDAY — Rest & Recovery

- Rest day. Focus on hydration and light mobility work.

☐ FRIDAY — Structured Workout (15-20 mins)

- 3 min Warm-Up | • Core Routine | • Balance Practice (10s Single-Leg Hold near chair)

☐ SATURDAY — Optional Active Recovery

- Optional 15 min comfortable stroll or light leisure activity.

☐ SUNDAY — Full Rest Day

- Rest completely to allow muscles to adapt and prepare for Week 2.

Week 1 Milestone Goal: Complete all 3 structured workouts. Prioritize slow, controlled repetitions over speed.

EXERCISE CHEAT SHEET

Visual reference and technique guide for the core program exercises.

1. Chair Squats (Lower Body & Mobility)

Target: Thighs, Hips, Glutes | **Setup:** Stand in front of sturdy chair

Stand tall with feet shoulder-width apart. Lower hips back and down 2–4 inches as if sitting. Touch chair lightly, hold 2 seconds, then press through heels to stand. *Avoid collapsing knees inward.*

2. Wall Push-Ups (Upper Body Push)

Target: Chest, Shoulders, Arms | **Setup:** Face wall at arm's length

Place hands flat on wall at shoulder height. Bend elbows to bring chest within 2–3 inches of wall. Keep trunk flat and push back smoothly. *Avoid arching your lower back.*

3. Seated Leg Extensions (Knee & Quad Stability)

Target: Quadriceps | **Setup:** Sit upright on front edge of chair

Extend one leg straight forward, flexing toes back toward shin. Hold extended for 3–5 seconds, then lower under control. Repeat on opposite side. *Avoid swinging the leg.*

4. Bicep Curls (Arm Strength)

Target: Biceps | **Setup:** Seated or standing tall

Hold arms at sides (optionally holding water bottles). Keep elbows stationary against ribs while curling hands up toward shoulders. Lower slowly. *Avoid swinging upper torso.*

5. Heel Raises (Ankle & Calf Stability)

Target: Calves & Ankles | **Setup:** Stand behind chair holding backrest

Rise up onto your toes, lifting heels as high as comfortable. Hold apex for 2 seconds, then lower heels softly. *Do not rely on chair for pulling up.*

6. Hip Abductions (Week 3-4 Addition)

Target: Outer Hip & Pelvic Stability | **Setup:** Stand tall behind chair

Keep standing knee slightly soft. Lift active leg out to side (approx. 45 degrees) without tilting upper body. Hold 3 seconds, lower under control. *Avoid leaning torso sideways.*

WEEK 2 CALENDAR: BUILD CONSISTENCY

Maintain technique while building endurance. 3 structured workout days (20 mins).

☐ MONDAY — Structured Workout (20 mins)

- 3 min Warm-Up | • Core Routine (Progress to 8-10 reps): Chair Squats, Wall Push-ups, Leg Extensions, Curls, Heel Raises
- | • Balance: 12s Hold

☐ TUESDAY — Rest / Easy Walk

- 15 min easy neighborhood walk or light household activity.

☐ WEDNESDAY — Structured Workout (20 mins)

- 3 min Warm-Up | • Core Routine (10 reps each) | • Cool Down Stretching

☐ THURSDAY — Rest & Mobility

- Seated neck, shoulder, and ankle mobility stretches (5-10 mins).

☐ FRIDAY — Structured Workout (20 mins)

- 3 min Warm-Up | • Core Routine | • Balance Practice (15s Single-Leg Hold per side)

☐ SATURDAY — Optional Walking

- Optional 15-20 min outdoor walk at a relaxed pace.

☐ SUNDAY — Full Rest Day

- Complete rest to prepare for Week 3 volume increase.

Week 2 Milestone Goal: Notice improved ease when standing up from chairs or walking up short stairs.

WEEK 3 CALENDAR: INCREASE CHALLENGE

Introduce Hip Abductions and progress to 4 structured workout days (20-25 mins).

☐ MONDAY — Workout Day 1 (25 mins)

- Warm-Up | • Expanded Routine: 10 Squats, 10 Push-ups, 10 Extensions, 12 Curls, 12 Heel Raises, **8-10 Hip Abductions** |
- Balance: 15-20s Hold

☐ TUESDAY — Workout Day 2 (20 mins)

- Focus on upper body and core mobility with light strength work.

☐ WEDNESDAY — Mid-Week Recovery

- Full rest day to encourage joint and muscle adaptation.

☐ THURSDAY — Workout Day 3 (25 mins)

- Expanded 6-exercise routine with controlled balance work.

☐ FRIDAY — Workout Day 4 (20-25 mins)

- Expanded 6-exercise routine | • Full-body cool down stretch.

☐ SATURDAY — Optional Walk / Activity

- 20 min casual walking or gardening.

☐ SUNDAY — Full Rest Day

- Complete recovery.

WEEK 4 CALENDAR: BUILD SUSTAINABILITY

Establish a long-term fitness routine. 4 structured workout days (25-30 mins).

☐ MONDAY — Full Routine (25-30 mins)

• Warm-Up | • Complete 6-exercise routine at maximum controlled reps | • Balance: 20s Hold (light finger touch on chair)

☐ TUESDAY — Strength & Mobility (20-25 mins)

• Strength routine + 5 min extra hip/shoulder mobility.

☐ WEDNESDAY — Rest & Walk Day

• Rest day with optional 20 min walk.

☐ THURSDAY — Full Routine (25-30 mins)

• Complete 6-exercise routine with strict technique.

☐ FRIDAY — Graduation Workout (25-30 mins)

• Final workout of the 4-week core phase | • Record final metrics on Page 9.

☐ SATURDAY — Enjoyable Recreation

• Enjoy physical activity (walking, swimming, light gardening).

☐ SUNDAY — Full Rest Day

• Prepare for post-program continuation.

WEEKLY PROGRESS TRACKER

Print or fill out this sheet weekly to record workout completion and effort levels.

Day	Workout Done	Duration	Effort (1-10)	Notes / Modifications
Monday	[] Yes [] No	_____ min	_____ / 10	
Tuesday	[] Yes [] No	_____ min	_____ / 10	
Wednesday	[] Yes [] No	_____ min	_____ / 10	
Thursday	[] Yes [] No	_____ min	_____ / 10	
Friday	[] Yes [] No	_____ min	_____ / 10	
Saturday	[] Yes [] No	_____ min	_____ / 10	
Sunday	[] Yes [] No	_____ min	_____ / 10	

Milestone Checklist

- ☐ **End of Week 1:** Completed 3 workouts & mastered chair squat form safely.
- ☐ **End of Week 2:** Completed 6 total workouts; single-leg stance balance hold increased to 12-15s.
- ☐ **End of Week 3:** Added Hip Abductions smoothly; feeling more energized in daily walking.
- ☐ **End of Week 4:** Achieved 20s balance hold; completed full program with improved confidence!

MY PROGRESS LOG

Track your physical progression across the 4 weeks to measure tangible improvements.

Metric	Baseline (Day 1)	End of W2	End of W4	Total Change
Single-Leg Balance (Sec)	_____ sec	_____ sec	_____ sec	+ _____ sec
Comfortable Walk (Min)	_____ min	_____ min	_____ min	+ _____ min
Chair Squats (Reps)	_____ reps	_____ reps	_____ reps	+ _____ reps
Overall Energy (1-10)	_____ / 10	_____ / 10	_____ / 10	+ _____ pts

Personal Reflection & Notes Journal

AFTER WEEK 4: WHAT TO DO NEXT

Transitioning from a 4-week plan into a permanent lifestyle.

Congratulations on completing the 4-Week Program!

Completing 4 weeks of consistent strength and balance training puts you ahead of the majority of adults in building functional independence.

1. Four Sustainable Next-Step Options

- **Option A (Repeat Weeks 3–4):** If movements are still challenging, repeat Weeks 3–4 for another month. Consistency trumps intensity.
- **Option B (Add Light Resistance):** Introduce 1–2 lb dumbbells or light resistance bands to Bicep Curls and Squats.
- **Option C (Increase Aerobic Walking):** Expand walking sessions to 20–30 minutes 3–4 days per week.
- **Option D (Join Community Classes):** Explore local senior center classes like Water Aerobics, Tai Chi, or Chair Yoga.

2. Long-Term Maintenance Weekly Blueprint

Day	Focus Activity	Duration
Mon / Thu	Strength & Balance Routine	25–30 mins
Tue / Fri	Aerobic Walking or Swimming	20–30 mins
Wed / Sat	Light Mobility, Stretching, or Hobbies	15–20 mins
Sunday	Complete Rest & Recovery	—

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