

Raccomandazioni esercizi per anziani

Exercise recommendations

- Flexibility
 - 10-15 minutes
 - Every day
 - Hold static stretch for 20-60 seconds

Exercise recommendations

- Resistance training
 - 2-3 times per week
 - 3 sets of each exercise
 - Intensity of 6-10 RM
 - 60-120 secs rest between sets
 - 6-9 exercises per session
 - Functional exercises
 - Warmup and cool down
 - Total of 45-60 minutes

Home-Based Program

- Warmup of light calisthenics – e.g. walking
- Resistance training exercises
- Aerobic exercise
- Cool-down and stretch

Exercise recommendations

- Aerobic Training
 - 3-4 times per week
 - Continuous exercise using large muscle groups
 - Cycling, jogging, swimming, rowing, walking etc.
 - Heart rate of 60-90% of maximum
 - $220 - \text{age}$
 - Warmup and cool down
 - Total of 30-60 minutes per day

Squat



Pushup



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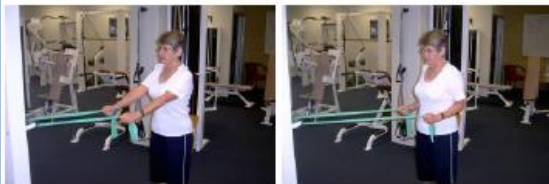
Standing Leg Curl



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Standing Row



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Back



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Abdominal Crunch



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Shoulder Press



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Triceps



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Bicep Curl



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