Abstract

The aging process is an inevitable part of every person’s life, but some symptoms of this process like sarcopenia and loss of bone density can be mitigated with a resistance training program. Resistance training keeps the muscles and bones strong which enables the older adult to retain their independence in activities in daily living with a reduced chance of injuries such as bone fractures. However, barriers such as a lack of transportation, fiscal resources, knowledge, and being uncomfortable can prevent this population from going to a gym to workout. This guide was created to equip the older adult with resources to incorporate a resistance training program from their home. This guide explains how to build program a training schedule based on current health status and 5-10 exercises from the following muscle groups: lower body, upper body multi-joint, upper body single joint, and core. Each exercise includes the recruited muscles, joint action, required materials, visual demonstrations, written instructions, progressions, and regression. All exercises can be completed at home using common household items.