

Boxing Bells Fitness – Free Weekly At-home Workout Program for Seniors

Here's a **simple, safe, and effective at-home program for seniors**. It's designed to improve strength, balance, mobility, and overall health while keeping things practical and low-risk.

Weekly At-Home Program for Seniors

Goal: Stay strong, mobile, and independent

Equipment: Chair, light dumbbells or water bottles, resistance band (optional)

Level: Beginner–moderate

Weekly Structure

- **3 strength days** (e.g., Mon, Wed, Fri)
 - **2–3 light activity days** (walking + mobility)
 - **1–2 rest days**
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Strength Days (30–40 min)

Warm-Up (5–8 min)

- March in place – 1 min
 - Arm circles – 10 each direction
 - Sit-to-stand (easy pace) – 10 reps
 - Gentle torso twists – 10 each side
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Main Workout

1. Chair Squats (Leg Strength)

- Sit down → stand up slowly
 - **2–3 sets of 8–12 reps**
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2. Wall or Bench Push-Ups (Upper Body)

- Hands on wall or sturdy surface
- **2–3 sets of 8–12 reps**

3. Seated or Standing Row (Band or Light Weights)

- Pull elbows back, squeeze shoulder blades
 - **2–3 sets of 10–12 reps**
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4. Step-Back Lunges (or Split Squat Hold)

- Hold chair for support if needed
 - **2 sets of 6–8 each leg**
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5. Overhead Press (Light Weights)

- Press up slowly, control down
 - **2–3 sets of 8–10 reps**
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6. Heel Raises (Calf Strength + Balance)

- Hold onto chair if needed
 - **2–3 sets of 10–15 reps**
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7. Core: Seated Knee Lifts or Standing March

- Slow and controlled
 - **2 sets of 10–12 each side**
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◆ Balance Finisher (3–5 min)

- Stand on one leg (hold support if needed) – 20–30 sec each
 - Heel-to-toe walk – 5–10 steps
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◆ Cooldown (5 min)

- Gentle stretching:
 - Hamstrings
 - Chest
 - Shoulders
 - Calves

 **Light Activity Days (20–30 min)**

Option A: Walking

- Comfortable pace
- Aim: **15–30 minutes**


Option B: Mobility Flow

- Neck turns – 10 each side
 - Shoulder rolls – 10
 - Hip circles – 10
 - Ankle rolls – 10 each
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 **Key Guidelines**

 **Intensity**

- Aim for **moderate effort** (can talk, slightly breathless)
 - Stop if pain (sharp or unusual)
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 **Progression (after 3–4 weeks)**

- Add 1–2 reps per exercise
 - Add another set OR slightly increase weight
 - Improve balance difficulty (less support)
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 **Safety**

- Keep a chair or wall nearby
 - Wear supportive shoes
 - Train in a clutter-free space
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 **Consistency > Intensity**

Even **20–30 minutes regularly** will lead to big improvements in:

- Strength
- Balance
- Energy
- Confidence