

4-Week Strength Training Schedule for Seniors

A Beginner-Friendly Progressive Program

From LivingYourSeniorLife.com

Welcome to your 4-week strength training journey!

This program is designed specifically for adults over 60 who are new to strength training or returning after a break. Each week gradually increases in difficulty, allowing your body to adapt safely.

What you'll need: Resistance bands (light, medium, heavy), a sturdy chair, and comfortable workout clothes.

IMPORTANT MEDICAL DISCLAIMER:

Consult your physician before starting this or any exercise program. This is especially important if you:

- Have been sedentary for an extended period
- Have any chronic health conditions (heart disease, diabetes, high blood pressure, arthritis, osteoporosis, etc.)
- Are taking medications that may affect exercise capacity
- Have a history of injuries or joint problems
- Experience chest pain, dizziness, or shortness of breath during activity
- Are over 65 and not accustomed to vigorous exercise

This program is for informational and educational purposes only and is not intended as medical advice. The information provided should not replace professional medical guidance. LivingYourSeniorLife.com and the author assume no responsibility for injuries or damages resulting from use of this program. Always

listen to your body and stop immediately if you experience pain, dizziness, or discomfort.

Individual results may vary. The exercises and recommendations in this guide are general in nature and may not be appropriate for everyone. If you have specific health concerns or limitations, work with a qualified fitness professional or physical therapist to modify exercises as needed.

How to Use This Program:

- Check off each workout as you complete it
- Rest 48-72 hours between working the same muscle groups
- Focus on proper form over speed or heavy resistance
- Stop if you experience sharp pain (mild muscle fatigue is normal)
- Stay hydrated before, during, and after exercise

Week 1: Foundation Building (Focus on Form)

Goal: Learn proper form with light resistance. Each exercise should feel manageable.

Monday - Full Body Introduction

- **Seated Rows (Band):** 2 sets x 8 reps - Sit tall, pull band to chest
- **Chair Squats:** 2 sets x 8 reps - Stand and sit slowly from chair
- **Wall Push-ups:** 2 sets x 8 reps - Hands on wall, push away
- **Standing Side Leg Lifts:** 2 sets x 8 reps each leg - Hold chair for balance
- **Bicep Curls (Light Band):** 2 sets x 10 reps - Keep elbows at sides

 Total time: 15-20 minutes | Rest: 60 seconds between sets

Tuesday - Active Recovery

- 10-15 minute gentle walk
- Light stretching (focus on muscles worked yesterday)

Wednesday - Balance & Core

- **Single-Leg Stands:** Hold chair, 20 seconds each leg, 3 times
- **Seated Torso Twists:** 2 sets x 10 reps each side
- **Heel-to-Toe Walk:** 10 steps forward and back, 3 times
- **Marching in Place:** 2 minutes

 Total time: 10-15 minutes

Thursday - Rest or Gentle Activity

- Complete rest, or 10-minute leisurely walk if desired

Friday - Full Body Repeat

- **Seated Rows (Band):** 2 sets x 10 reps
- **Chair Squats:** 2 sets x 10 reps
- **Counter Push-ups:** 2 sets x 8 reps - Progress from wall to counter
- **Standing Side Leg Lifts:** 2 sets x 10 reps each leg
- **Overhead Press (Light Band):** 2 sets x 8 reps

 Total time: 20 minutes | Rest: 60 seconds between sets

Weekend - Active Recovery

- Saturday: 15-20 minute walk or gentle activity you enjoy
- Sunday: Rest day - light stretching only

Week 1 Tips:

- It's normal to feel mild muscle soreness 24-48 hours after exercise
- If an exercise feels too difficult, reduce range of motion or resistance
- Breathe steadily - exhale on exertion, inhale on release

Week 2: Building Endurance (Slight Increase)

Goal: Add repetitions and improve consistency. You should feel challenged but capable.

Monday - Upper Body Focus

- **Seated Rows (Band):** 3 sets x 10 reps
- **Counter Push-ups:** 3 sets x 10 reps
- **Bicep Curls (Band):** 3 sets x 12 reps
- **Overhead Press (Band):** 3 sets x 10 reps
- **Tricep Extensions (Band):** 2 sets x 10 reps

 Total time: 20-25 minutes | Rest: 45-60 seconds between sets

Tuesday - Cardio Day

- 20-minute brisk walk, or
- 15 minutes swimming/water aerobics, or
- 15 minutes stationary cycling

Wednesday - Lower Body Focus

- **Chair Squats:** 3 sets x 12 reps
- **Standing Side Leg Lifts:** 3 sets x 12 reps each leg
- **Calf Raises (hold counter):** 3 sets x 15 reps
- **Standing Knee Raises:** 3 sets x 10 reps each leg
- **Glute Bridges (lying down):** 2 sets x 10 reps

 Total time: 20-25 minutes | Rest: 45-60 seconds between sets

Thursday - Balance & Mobility

- **Single-Leg Stands:** 30 seconds each leg, 3 times (reduce hand support)

- **Seated Torso Twists:** 3 sets x 12 reps each side
- **Heel-to-Toe Walk:** 15 steps forward and back, 3 times
- **Hip Circles:** 10 circles each direction, each hip
- **Gentle stretching:** 5 minutes

 Total time: 15-20 minutes

Friday - Full Body Circuit

- **Circuit (repeat 2 times):**
 - Seated Rows: 12 reps
 - Chair Squats: 12 reps
 - Counter Push-ups: 10 reps
 - Standing Leg Lifts: 10 reps each leg
 - Bicep Curls: 12 reps
 - Rest 2 minutes between circuits

 Total time: 25 minutes

Weekend - Active Recovery

- Saturday: 20-25 minute walk or recreational activity
- Sunday: Rest day with 10-minute mobility/stretching routine

Week 2 Tips:

- You might feel stronger this week - that's your body adapting!
- Continue focusing on form even as you add reps
- Increase water intake - aim for 8-10 glasses daily

Week 3: Increasing Resistance (Progressive Challenge)

Goal: Progress to medium resistance bands or add light weights (2-5 lbs) for some exercises.

Monday - Upper Body Strength

- **Seated Rows (Medium Band):** 3 sets x 12 reps
- **Counter Push-ups:** 3 sets x 12 reps (or try modified floor push-ups on knees)
- **Bicep Curls (Medium Band or 3-5 lb weights):** 3 sets x 12 reps
- **Overhead Press:** 3 sets x 12 reps
- **Chest Press (Band or Weights):** 3 sets x 10 reps
- **Tricep Extensions:** 3 sets x 12 reps

 Total time: 25-30 minutes | Rest: 45 seconds between sets

Tuesday - Cardio & Core

- 25-minute brisk walk or cardio of choice
- **Planks (wall or counter):** Hold 20-30 seconds, 3 times
- **Seated Torso Twists:** 3 sets x 15 reps each side

Wednesday - Lower Body Strength

- **Squats (hold light weights or band):** 3 sets x 12 reps
- **Side Leg Lifts (with band around ankles):** 3 sets x 15 reps each leg
- **Forward Lunges (hold chair for balance):** 3 sets x 8 reps each leg
- **Calf Raises:** 3 sets x 20 reps
- **Glute Bridges:** 3 sets x 12 reps
- **Standing Leg Curls (with band):** 3 sets x 12 reps each leg

 Total time: 25-30 minutes | Rest: 45 seconds between sets

Thursday - Balance & Flexibility

- **Single-Leg Stands:** 45 seconds each leg, 3 times (minimal hand support)
- **Heel-to-Toe Walk:** 20 steps forward and back, 3 times
- **Standing on Unstable Surface (optional):** Pillow or folded towel, 30 seconds
- **Yoga Flow:** 10 minutes beginner routine or stretching

 Total time: 20 minutes

Friday - Total Body Power

- **Circuit (repeat 3 times, rest 90 seconds between circuits):**
 - Squats: 12 reps
 - Seated Rows: 12 reps
 - Counter Push-ups: 12 reps
 - Bicep Curls: 12 reps
 - Side Leg Lifts: 10 reps each leg
 - Overhead Press: 10 reps

 Total time: 30 minutes

Weekend - Active Recovery

- Saturday: 25-30 minute walk, bike ride, or recreational activity
- Sunday: Rest day with 15-minute yoga or stretching

 **Week 3 Tips:**

- You've built a solid foundation - you should feel noticeably stronger!
- If medium resistance feels too heavy, stick with light for another week
- Pay attention to recovery - prioritize sleep and protein intake

Week 4: Peak Performance (Challenge Week)

Goal: Push yourself while maintaining excellent form. This is your strongest week yet!

Monday - Upper Body Power

- **Seated Rows:** 3 sets x 15 reps (medium-heavy resistance)
- **Push-ups:** 3 sets x 12 reps (progress to knees or regular if able)
- **Bicep Curls:** 3 sets x 15 reps
- **Overhead Press:** 3 sets x 12 reps
- **Chest Press:** 3 sets x 12 reps
- **Tricep Dips (using chair):** 3 sets x 10 reps
- **Lateral Raises (Band or Weights):** 3 sets x 12 reps

 Total time: 30-35 minutes | Rest: 30-45 seconds between sets

Tuesday - Cardio Challenge

- 30-minute brisk walk, or
- 20-25 minutes swimming/cycling
- **Core Work:**
 - Planks: 30 seconds, 3 times
 - Torso Twists: 3 sets x 15 reps each side
 - Leg Raises (lying): 2 sets x 10 reps

Wednesday - Lower Body Power

- **Squats (with resistance):** 4 sets x 12 reps
- **Lunges (alternating):** 3 sets x 10 reps each leg
- **Side Leg Lifts (with band):** 3 sets x 15 reps each leg
- **Calf Raises (single leg if able):** 3 sets x 15 reps each leg
- **Glute Bridges (with hold at top):** 3 sets x 15 reps

- **Wall Sits:** 3 holds of 20-30 seconds
- **Leg Curls (with band):** 3 sets x 15 reps each leg

 Total time: 30-35 minutes | Rest: 30-45 seconds between sets

Thursday - Balance Mastery

- **Single-Leg Stands:** 60 seconds each leg, 3 times (no hands if possible)
- **Heel-to-Toe Walk:** 25 steps forward and back, 3 times
- **Single-Leg Reach:** Reach forward, side, back while balancing, 5 reps each direction
- **Tai Chi or Yoga:** 15-minute session

 Total time: 25 minutes

Friday - Grand Finale Circuit

- **Complete Circuit 3 times (Rest 2 minutes between circuits):**
 - Squats: 15 reps
 - Seated Rows: 15 reps
 - Push-ups: 12 reps
 - Lunges: 10 reps each leg
 - Bicep Curls: 15 reps
 - Overhead Press: 12 reps
 - Side Leg Lifts: 12 reps each leg
 - Plank Hold: 30 seconds

 Total time: 35 minutes

Weekend - Celebration & Recovery

- Saturday: 30-minute enjoyable activity (walking, dancing, gardening)

- Sunday: Rest and reflect on your incredible 4-week accomplishment!

Congratulations on Completing 4 Weeks!

You've built a strong foundation. Here are your next steps:

- **Option 1:** Repeat this 4-week program with heavier resistance
- **Option 2:** Continue Week 4's intensity for 2-3 more weeks
- **Option 3:** Create your own routine using these exercises as a template
- **Remember:** Strength training is a lifelong journey. Stay consistent, progress gradually, and listen to your body.

Progress Tracker

Record your measurements and feelings at the start and end of the program:

Measurement	Week 1 (Start)	Week 4 (End)	Improvement
Body Weight			
Resting Heart Rate			
How many push-ups can you do?			
How many squats can you do?			
Single-leg stand time (no hands)			
Energy Level (1-10)			
Sleep Quality (1-10)			
Overall Strength Feel (1-10)			

Personal Notes & Achievements:

Remember: Consistency beats perfection. Progress, not perfection!

For more senior fitness tips, visit [LivingYourSeniorLife.com](https://www.livingyourseniorlife.com)

Disclaimer: © 2025 LivingYourSeniorLife.com. This program is provided for informational purposes only and is not intended as medical advice, diagnosis, or treatment. Always consult your physician or qualified healthcare provider before beginning any exercise program, especially if you have any chronic health conditions, take medications, or have been sedentary. The author and publisher disclaim any liability for adverse effects arising from the use or application of the information contained in this program. Use at your own risk.