


**Functionally Fit  
to LIVE your BEST Life**

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DES MOINES UNIVERSITY  
MEDICINE & HEALTH SCIENCES

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**Active Adult Functional Fitness**

<p><b>Warm Up- 5 min</b></p> <p>Marching, hip mobility, toe touches, standing rotation</p> <p><b>Cardio- 5 min</b></p> <p>Butt kicks, jumping jacks, squats to overhead reach, cross country, speed skaters, arm circles</p> <p><b>Balance- 5 min</b></p> <p>Single leg, head rotations, reaching, side lunge, tree pose, airplane</p>	<p><b>Strength- 5 min</b></p> <p>Sit to stand, seated V-sit, overhead punch, standing heel raise, plank from chair, bicep curl with balance, dead lift, rows, reverse lunge, triceps dips from chair</p> <p><b>Stretch- 5 min</b></p> <p>Calves, seated hamstring, piriformis, hip flexor, standing adductor, quads, back extension, tricep, shoulder</p>
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**DMU Active Adult Exercise Classes**

In the DMU PT Clinic Team Room and Virtual Online Options


Tuesday and Thursday from 11-11:45

50% Discount code: minimed

1x/week \$35

2x/week: \$60

Use QR code or call 271-1717 to register



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**Top 5 HOME Exercises for Osteoporosis (2-3 sets of 8-12 reps)**

1. Sit to Stand/Squat
2. Single leg stand or heel raise
3. Lunge or half kneel to stand
4. Thoracic mobility over round surface
5. Back strength

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**Top 5 Gym Exercises for Osteoporosis  
3x10 at 70-75% 1 RM or 6x5 at 80-85% 1 RM**

- 1a. Squat
2. Leg press
3. Deadlift
4. Roman Chair
5. Single leg heel raise

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**Summary of FUNCTIONAL Training**

- Unique to you: "Training for Life"
- Compound movements over isolated movements
- 150-300 minutes/week and 2 strength training sessions
- MOVE MORE, sit less!
- For sedentary or novice, start at lower intensity and gradually increase
- Greatest skeletal benefit from progressive training
- 8-12 reps, 2-3 sets at 70-80% 1 Rep Max
- Keep moving to LIVE YOUR BEST LIFE!

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