

Follow all key points indicated in each exercise to ensure movements are done correctly.

## 0. WARM-UP:

Sit in an indoor space and walk with energy in the same spot, moving your arms and raising your knees for 3 to 5 minutes.

Then return to a standing position with your feet shoulders width apart and rotate your shoulders forward 10 times and backward 10 times.

## 1. SQUAT

- Stand up with your feet shoulder width apart.
- Lower your buttocks, as if you were going to sit on an invisible chair, until your thighs are parallel to the floor.
- Make sure your knees never go past your toes and don't cave inward.
- Keep your back and head straight, as if a string was pulling the top of your head towards the ceiling.

**2 sets of 10 repetitions,  
1 minute rest period between sets.**



## 2. BOXING

- Clench your fists and keep them in front of your face while bending your elbows.
- Bend your knees slightly.
- Extend your elbows and arms forward alternately with energy.
- Keep your back straight and look ahead.

**2 sets of 30 to 45 seconds of effort,  
1 minute rest period between sets.**



## 3. ELBOW TO KNEE CRUNCHES

- Standing up, position your feet shoulder width apart and raise your arms directly in front of you or above you.
- Bring the elbow to the opposite knee, so that they are closer together in front of your body.
- Raise your knee as high as possible while keeping your back straight.
- Lift your elbow back and lower your leg back to the ground, then alternate with energy.

**2 sets of 30 to 45 seconds of effort,  
1 minute rest period between sets.**



## 4. LATERAL ARM RAISES

- Start standing up with your arms at your side.
- Raise your arms on each side at shoulder height, so that they are parallel to the floor.
- Keep your shoulders away from your ears and your spine straight, as if a string was pulling the top of your head.

**\*\* You may want to hold light weights, such as cans of food.**

**2 sets of 12 repetitions,  
1 minute rest period between sets.**



## 5. QUADRUPED OPPOSITE ARM LEG ELEVATION

- Get down on all fours on a carpet.
- Keep your back straight and your head in line with your back as if to create a table.
- Extend one arm forward and the opposite leg backward, keeping them in line with your body, forming a straight line parallel to the floor with your body. Return your arm and leg to the floor.
- Alternate arms and legs at each set.

**2 sets of 12 repetitions (6 repetitions on each side),  
1 minute rest period between sets.**



## 6. BRIDGE

- Lie on your back, arms at your side, feet flat on the floor and knees above your ankles.
- Lean on your hands and squeeze your buttocks to lift your pelvis, forming a straight line between your shoulders and knees.
- Keep your head and shoulders flat on the floor.
- Slowly lower the pelvis back to its original position.

**2 sets of 10 repetitions,  
1 minute rest period between sets.**



## 7. COOL DOWN:

### Back and hamstring stretch

- Sit on the floor with your legs spread out, shoulders width apart.
- Slowly bend your body forward with your knees on the floor and try to touch your toes on your right foot.
- Take deep breaths while stretching and try relaxing your lower back muscles.
- Hold this position for about 20-30 seconds, then switch sides.

**2 sets of 20 to 30 seconds on each side,  
10 seconds rest period between sets.**

### Opening of the rib cage

- Stand upright and wrap your fingers around your lower back.
- Arch your chest and try to bring your shoulder blades together as if you wanted to squeeze a finger between them.
- Hold this position while breathing normally for about 20 to 30 seconds.

**2 sets of 20 to 30 seconds on each side,  
10 seconds rest period between sets.**

Standing up, take 5 deep breaths while slowly raising your arms above your head as you inhale through your nose, then lower them down at your side as you exhale.

**Photos: Anne-Josée Beaudoin**



The training plans are created by the kinesiology graduates of the Université de Sherbrooke.

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