

Workout Routine

This workout routine helps me use my body in ways I do not use on an everyday basis. It may not look like a traditional workout to everyone, but it keeps my joints and muscles moving in ways that help me stay agile, healthy, and ready for everyday life. That is my goal.

Workout 1: Wall Bar Leg Swings

Photo 1:

Photo 2:

Using the wall bar, I move my legs through the routine and complete 30 repetitions with each leg, broken into 3 sets of 10 on each side.

Workout 2: Chest-Up Bar Stretch

Photo 1:

Photo 2:

Holding onto the bar, I press my chest up against it to stretch my back. Then I pull back against the bar, bend my knees, and lower down to stretch my legs before coming back up.

Workout 3: Hip Circles

Photo 1:

Photo 2:

I push my hips to one side, move my pelvis toward the wall, circle around to the other side, and then push my pelvis back away from the wall to return to the starting position. Then I reverse the direction and circle the other way.

Workout 4: Back Twists at the Bar

Photo 1:

Photo 2:

I twist my back to the left and look behind me, then twist all the way to the right for a deep stretch. I keep one hand on the bar as I circle around and adjust my feet so I get a full stretch in both directions.

Workout 5: Front and Back Kicks

Photo 1:

Photo 2:

I kick one leg as far as I can in front of me while moving the opposite arm behind me. When I kick behind me, I move the opposite arm in front. Then I switch legs and repeat on the other side. I do 2 sets of 10 on each leg.

Workout 6: Punching Bag Bob

Photo 1:

Photo 2:

I punch Bob in the center with my left hand and right hand, then punch the neck area with each hand. I do 10 punches with each hand to the breadbasket, then speed up for another set of 10 with each hand. I keep increasing the pace until I reach 100 punches total, then I punch the neck 20 times as fast as I can.

Workout 12: Pelvis Lift

Photo 1:

Photo 2:

I push my pelvis as high as I can and do 20 repetitions, pulling on the bar if necessary to lift upward as strongly as I can.

Workout 13: Seated Back Stretch

Photo 1:

Photo 2:

Sitting near the edge of the mat, I pull forward to stretch my back, then place my hands behind me and gently push backward for another back stretch without overdoing it.

Workout 14: Universal Machine and Breathing Work

Photo 1:

Photo 2:

On the universal machine, I do 14 push-outs on the wide bar while coordinating deep breathing. Then I pull down the small top bar 15 times. After that, I push the bar out in front

of me and pull it down 15 more times, drawing in my breath on the effort and letting it out on the return. Altogether, this gives me 22 deep breaths and full exhalations during the routine.

This entire exercise routine takes me about 50 minutes. I believe I have explained it in enough detail to show that it is meant to help keep the body fit, upright, and active as we get older.

I do this exercise routine 5 days a week Monday Tuesday Wednesday Thursday and Saturday.